Nacho Daddy

級數: Improver

編舞者: Scott Blevins (USA)

音樂: Step Daddy - Hitman Sammy Sam

There is no count-in. He says "Do the Step Daddy" 5 times and then says "Hey!" Start on the first beat after that

1-2 Walk forward right, walk forward left 3&4 Kick right foot forward, turn 1/4 turn right and step right foot next to left foot, point left toe back Touch left heel forward, touch left toe back 5-6 7-8 Step forward on left foot, turn ³/₄ turn right (weight to right) 1-2 Step left foot to left side, touch right toe behind left foot 3&4 Triple side right stepping right, left, right 5&6 Rock left foot across and in front of right foot, recover to right foot, turn 1/4 turn left and step forward on left foot 7-8 Turn ¹/₂ left and step back on right foot, step back on left foot &1-2 Step right foot back and out to right side, step left foot back and out to left side, step forward on right foot 3&4 Triple forward stepping left, right, left 5&6 Turn ¼ left and rock side right on right foot, recover to left foot, step right foot across and in front of left foot 7&8 Turn ¼ right and step back on left foot, turn ¼ turn right and step right foot to right side, step left foot across and in front of right foot 1-2 Turn ¼ turn right and step forward on right foot, turn ¼ turn right and step back on left foot 3&4 Triple side right stepping right, left, right 5-6 Turn 1/4 turn right and step forward on left foot, turn 1/2 turn right and step right foot to right side Feet are shoulder width apart. On 7&8 you will bend forward from the waist 7&8 Shake hips left, right, left End with weight on left foot

REPEAT





拍數: 32

牆數:4