

Party Starter

拍數: 32 牆數: 4 級數: Improver
編舞者: Roger Rod (USA)
音樂: Get the Party Started - P!nk



KICK, CROSS, 1 TURN LEFT, RIGHT SIDE STEP, CROSS & HOLD

- 1 Kick right foot, sharply forward
- 2 Bring right foot back completely across left foot and touch ball of foot down
- 3-4 On the balls of both feet turn 1 complete turn left and end with weight on left foot
- 5 Step right foot to right side
- 6 Step left foot behind right
- & Continue moving to the right as you step back on right foot
- 7-8 Cross left foot in front of right and hold for count 8 (weight should be on left foot)

RIGHT TOUCHES, SIDE SHUFFLE LEFT, BACK & FORWARD ROCK, BRUSH, STOMP

- 1 Touch right foot sharply to the right
- 2 Bring right foot behind left and step down
- 3&4 Shuffle to the left side (left-right-left)
- 5-6 Rock back on right foot, rock forward onto left foot
- 7 Brush right foot forward next to left
- 8 Stomp right foot down crossing in front of left

HEEL SPLITS, FORWARD LEFT FOOT, FORWARD RIGHT FOOT & ¼ LEFT, CLAP HIPS

- 1&2& On the balls of both feet split heels, out-in-out-in, and end with weight on right foot
- 3 Step left foot forward and start turning left foot ¼ turn left as you step down
- 4 Hold
- 5 Step right foot forward as you complete the ¼ turn left onto right foot (this is ¼ turn from starting wall) weight should be on right foot and left foot should be extended to left side
- 6 Clap hands
- 7-8 Lift left hip and heel up and down (hip pump) weight should be on right foot for this movement

FULL TURN RIGHT, TOUCH STEPS, HOLD

- 1 Step left foot to left side
- 2 Start a right turn and step back on right foot
- 3 Continue into right turn and step back on left foot
- & Step right foot to right side & continue turning
- 4 Step forward on left foot and this completes 1 right turn
- 5& Touch right foot forward, step right foot back next to left
- 6& Touch left foot forward, step left foot back next to right
- 7-8 Touch right foot to right side, hold for count 8

REPEAT