

Reverse

拍數: 64 牆數: 1 級數: Advanced
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音樂: Get Freaky - Music Instructor



KICK, HOOK, KICK, KICK, ½ TURN RIGHT, DROP DOWN ON KNEE, STAND UP-¾ TURN, STEP SIDE, STEP BEHIND, TOUCH HEEL

- 1&2& Kick right forward, hook right across left, kick right forward, kick right back
- 3-4 Turn ½ to right, step on right dropping down onto left knee (hands on top of right thigh)
- 5-6 Turn ¾ to left while standing up
- 7&8 Step right to right, cross left behind right, touch right heel in place

MONTEREY TURN RIGHT, TOUCH LEFT, CROSS LEFT BEHIND RIGHT, RONDE' RIGHT BEHIND LEFT, ANKLE BREAKERS

- 1-2 Touch right to right side, make a full turn to the right on ball of left stepping right next to left
- 3-4 Touch left to left side, cross left behind right
- 5-6 Circle right from front to back ending with right locked behind left (weight on right)
- 7&8& Shift weight to left moving both knees to right, shift weight to right moving both knees to left, shift weight to left moving both knees to right, replace weight to right

LOCK STEPS FORWARD, TURN ½ LEFT, LOCK STEPS BACK, MONSTER STOMPS

- 1&2& Step left forward, step right behind left, step left forward, turn ½ to left on ball of left
- 3&4 Step right back, step left across right, step right back
- &5&6 Hitch left forward; move left leg 45 degrees to the left with palm of left hand on inner thigh, place right hand on top of left thigh/ move left arm behind back (palm up); push left thigh down with right hand (left leg slightly bent, body leaning over left)
- &7&8 Repeat steps "&5&6" with right leg (use opposite hand movements)

MODIFIED SAILOR SHUFFLE ¼ TURN LEFT, ARM MOVES, ¼ SWEEP STAIR MASTER, SHOULDER ROLLS, BODY ROLL

- 1&2 Step left behind right starting a ¼ to left, finish ¼ turn stepping right next to left, step left to left side (shoulder width apart)
- 3&4 Circle right hand around left side of head from front to back, circle left hand around right side of head from front to back, extend right arm forward with open palm facing front (like a stop signal)*
- 5-6 Sweep right from front to right side ending with weight on right/ toes pointed to right (right leg slightly bent/right heel touching left instep), turn body and left foot ¼ turn to right while pushing right foot down and sliding left foot back
- 7&8 Roll right shoulder from front to back, roll left shoulder from front to back while starting a body roll, end body roll in a "sitting" position (weight is back on left / left leg bent slightly)

BODY ROLL, SHOULDER ROLLS, STAIR MASTER ¼ SWEEP, ARM MOVES, MODIFIED SAILOR SHUFFLE ¼ TURN RIGHT

- 8&7 Body roll up into standing position, roll left shoulder from back to front, roll right shoulder from back to front
- 6-5 Slide left up to right while turning left and body ¼ to left, sweep right from right side to front
- 4&3 Step right to right side (shoulder width apart/weight on right) while extending right arm forward with open palm facing front (like a stop signal), circle left hand around right side of head from back to front, circle right hand around left side of head from back to front
- 2&1 Shift weight onto left, start ¼ right stepping on right, step left behind right ending ¼ turn right

MONSTER STEPS, LOCK STEPS FORWARD, TURN ½ LEFT, LOCK STEPS BACK

- 8&7& Hitch right forward; move right leg back (4:00 position) with palm of right hand on inner thigh, place left hand on top of right thigh/ move right arm behind back (palm up); push right thigh down with right hand (right leg slightly bent, body leaning over right)
- 6&5& Repeat counts "8&7&" using left leg (opposite hand movements)
- 4&3 Step right forward, lock left in front of right, step right forward
- &2&1 Turn ½ to left, lock left in front of right, step right back, lock left in front of right

ANKLE BREAKERS, RONDE' RIGHT, MONTEREY TURN LEFT, TOUCH RIGHT, TOUCH RIGHT HEEL

- &8&7 Shift weight to right moving both knees to left, shift weight to left moving both knees to right, shift weight to right moving both knees to left, replace weight to left
- 6-5 Circle right from back to front ending with right locked in front of left (weight on right)
- 4-3 Step right in front of left, touch left to left side
- 2-1 Make a full turn to the left on ball of right stepping left next to right, touch right to right side

TOUCH RIGHT HEEL, STEP ON RIGHT, STEP LEFT, STEP BEHIND ¾ TURN, DROP DOWN ON KNEE, KICK, ½ TURN RIGHT, KICK, KICK, HOOK, KICK, HITCH

- 8&7 Touch right heel in front/across left, step on right in place, step left to left side
- 6-5 Step right behind left turning ¾ while kneeling down
- 4-3 Touch left knee on ground (hands on top of right thigh), stand up onto left kicking right forward
- &2&1& Turn ½ to left on ball of right, kick right forward, hook right across left, kick right forward, hitch right

REPEAT

The second half of the dance is actually the mirror image of the first half. This makes it appear to rewind (reverse) back to the beginning. Keep in mind that the reverse steps are not 100% identical to the first. Some steps had to be modified in reverse but the effect is still the same.
