

You Know!

拍數: 32 牆數: 0 級數:
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音樂: Act Like You Know - Will Smith



BOUNCE BALL STEP, WALK FORWARD, ¼ TURN

Starting with weight on right foot

- &1-2-3&4 Jump with both feet weight ending on left, walk right, left, right, pivot quarter turn left on left foot and point right foot out to right side
- 5-6-7&8 Cross right over left, step back left make a ¼ turn to the right, shuffle a one and a quarter turn over right shoulder

ROCK, RECOVER, SIDE SHUFFLE, SHARP ¼ PADDLE TURNS TWICE, CROSS AND HEEL JACK

- 1-2-3&4 Cross rock left over right, recover, left side shuffle
- 5-6-7&8 Pivot quarter turn left pointing right to side twice, cross right over left, step left foot back and place right heel forward

LEFT CROSS, HOLD AND CROSS AND CROSS, ROCK, RECOVER, ¼ TURN, STEP

- &1-2&3&4 Right step back and cross left over right, hold (shimmy shoulders) and cross and cross
- 5&6-7&8 Rock right to right side, recover, right behind left, ¼ turn left stepping forward on left, step forward right

TOUCH HITCH STEP, COASTER STEP, APPLEJACK TRAVELING TO THE LEFT

- 1&2-3&4 Touch left toe forward, hitch left stepping left back, right coaster step
- 5-6-7&8 Applejack with heels together, toes together, heels, toes, heels

REPEAT

STYLING TIPS

- On the first count of eight, &4 can be ¼ turn hitch while pushing your right hip out to the right
- On the second count of eight, 3&4 can be two small hops to the left
- On the last count of eight, 7&8, the applejacks can be replaced with three small hops to the left