You Know I Know How



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Dom Yates (UK) - August 2010

音樂: Club Can't Handle Me (feat. David Guetta) - Flo Rida: (Step Up 3D Soundtrack)



Forward Rock, Full Turn, Back Rock, Kick-Ball Step

1,2. Rock forward on right, recover onto left.

3,4. Make ½ turn right stepping forward on right, make ½ turn right stepping back on left.

5,6. Rock back on right, recover onto left.

7&8. Kick right foot forward, step onto ball of right foot, step forward on left.

1/4 Right Vaudeville, Ball Step, Forward Rock, 3/4 Turn Left

1,2. Make ¼ turn left stepping right to side, cross left behind right.

&3&4. Step right to side, dig left heel forward, step left in place, step forward on right.

5,6. Rock forward on left, recover onto right.

7,8. Make ½ turn left stepping forward on left, make ¼ turn left stepping right to side.

Left Sailor Step, Weave, Side, Sailor 1/4 Turn Right, Step

1&2. Cross left behind right, step right in place, step forward on left.3&4. Cross right behind left, step left to side, cross right over left.

5. Step left to side.

6&7. Cross right behind left, make ¼ turn right stepping left in place, step forward on right.

8&1. Kick left foot forward, step onto ball of left foot, step forward on right.

Pivot ½ Turn, Left Shuffle, Full Turn, Right Shuffle Into Rock

2,3. Step forward on left, pivot ½ turn to right.

4&5. Step forward on left, slide right up to left, step forward on left

6,7. Make ½ turn left stepping back on right, make ½ turn left stepping forward on left.

8&1. Step forward on right, slide left up to right, rock forward on right.

Recover, Ball Forward Rock, Coaster Step, Right Shuffle

2. Recover onto left

Step right in place, rock forward on left, recover onto right.Step back on left, step right in place, step forward on left.

7&8. Step forward on right, slide left up to right, step forward on right.

Walks Back, Touch Back, Pivot ½ Turn, Kick-Ball Touch, Kick-Ball Point

1,2. Walk back left, right.

3,4. Touch left toe back, pivot ½ turn to left.

5&6. Kick right foot forward, step onto ball of right foot, touch left next to right.

7&8. Kick left foot forward, step onto ball of left foot, touch right to side.

Syncopated Jazz Box ¼, Rolling Vine, Forward Rock

1,2. Cross right over left, step back on left.

&3. Make ¼ turn right stepping right to side, cross left over right.

4,5,6. Make ¼ turn right stepping forward right, ½ turn right stepping back left, 3/8 turn right

stepping right to side.

7,8. Rock forward on left, recover onto right.

Step Back, Right Coaster, Forward Rock, ½ Turn Left, Step Pivot ½ Turn

1. Step back on left.

2&3. Step back on right, step left in place, step forward on right.

- 4,5,6. Rock forward on left, recover onto right, make ½ turn left stepping forward on left.
- 7,8. Step forward on right, pivot ½ turn to left.

Start Again.

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