

# K-Factor!

Count: 32

Wand: 4

Ebene: Intermediate/Advanced

Choreograf/in: Bronya Bishorek (MY) & Kobee Ng

Musik: Pop Ya Collar - Usher



1&2 Step left foot to side, hitch right knee, touch right foot to side

**Hands: on count 1, push right hand half length up. On &, pull right hand back to shoulder height. On 2, push right hand all the way up**

3&4 Step right foot to side, hitch left knee, touch left foot to side

**Hands: on count 3, push left hand half way across chest. On &, pull left hand back to shoulder. On 3, push left hand all the way across the chest**

5-6 Step left foot diagonally forward, touch right foot next to left

**Styling: on counts 5&, do two chest pops**

7&8 Step right foot diagonally forward, touch left foot next to right

**Styling: on counts 7&, do two chest pops**

1 Slide/step left foot diagonally back

2 Slide/step right foot diagonally back

3 Turn ½ right and slide/step left foot diagonally forward

4 Turn ½ right and slide/step right foot to side

5-8 Turn left knee in, hold, hold for 3 counts

**Arms: on count 5, throw arms to left at shoulder height & look down. On counts &6, swing arms down & around over your head to the left. On 7, look up while maintaining body position. On counts &8, with arms & knees still in position, shift rib cage right, left**

1&2 Hitch left knee, step left foot in place, touch right foot to right

3&4 Scuff right foot forward, hook right foot over left foot, lift & twist right hip forward

5&6 Lunge right to side, hitch left knee and hop right to side twice

7&8 Lunge left to side, hitch right knee, step right together

**When dancing to "Get Up" by Ciara, change 5&6 to**

5&6 Drag and tap with the left foot

1 Step right foot to side

2& Body roll down

**Finish with knees turned in**

3 Turn knees forward

4& Body roll up

**Finish by popping you collar with both hands**

5 Turn ¼ left and step left in place

**Dip your head & pretend to hold a hat on your head (facing 9:00)**

&6 Swivel both heels out, swivel both heels in

7 Full spin right

**Like Michael Jackson**

8 Touch left foot to left

**Open arms wide with chest facing right diagonal**

**REPEAT**