

Drop The Pressure

Compte: 32

Mur: 4

Niveau: Improver

Chorégraphe: Heidi Noorland (NL)

Musique: Drop the Pressure (Radio Edit) - Mylo



Start the dance with your feet shoulder width from each other

ZIGZAG BODY MOVE, ARM MOVE, SHUFFLE LEFT

Move only your upper body and bend a little through the knees

1-4 Move your body a little bit down to the left, move your body a little bit down to the right, move your body a little bit down left, move your body up to the right

So now you are standing straight again and weight on the right. For a funky move, move your shoulders together with your body. When you move your body to the left, put your left shoulder up and your right shoulder down. When you go to the right, right shoulder up etc

5 Push your right fist forward, (arm is stretched)

6 Push your right fist down to the ground, at the same time you touch your left toes behind right foot

7&8 Shuffle to the left (feet left, right, left)

FULL TURN LEFT, SHUFFLE LEFT, STOPPED SKATE MOVE RIGHT, LEFT, CHA-CHA-CHA TO THE RIGHT

1-2 Cross right foot over left, make a full turn to the left

3&4 Shuffle to the left (left, right, left,)

5-6 Skate move to the right (you are not really going forward just an apparent movement), the same skate move to the left

7&8 Cha-cha-cha to the right (right, left, right,)

TAP KICK STEP LEFT, TAP KICK STEP RIGHT, ½ TURN, HIP MOVE, ½ BODY ROLL TURN LEFT

1-2 Touch left toes behind right foot, kick left foot forward and step back in place

3-4 Touch right toes behind left foot, kick right foot forward and step back in place

5-6 Step right forward with ½ To the left, hip move right, left, right

7-8 Body roll to the left with ½ Turn to the left and put right foot together with left

2X HITCH KNEE, SHUFFLE FORWARD, STEP OUT OUT

1-2 Touch right toes forward, hitch right knee

3-4 Touch right toes back, hitch right knee

5&6 Shuffle forward right, left, right

7-8 Step left foot left forward, step right foot right forward

Your feet are shoulder width from each other

REPEAT