

Lips

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Jill Weiss (USA) - November 2014
音乐: Lips Are Movin - Meghan Trainor



#32 Count intro - No Tags Or Restarts

Alt Music: Shake It Off by Taylor Swift
Can You Do This by Neal McCoy

SWIVEL RIGHT, KICK LEFT, SWIVEL LEFT, KICK RIGHT

- 1-3 With weight on both feet, swivel heels to right, toes to right, heels to right, progressing right (weight goes to right)
- 4 Low kick to slight left diagonal with left foot
- 5-7 With weight on both feet, swivel heels to left, toes to left, heels to left, progressing left (weight goes to left)
- 8 Low kick to slight right diagonal with right foot

STEP BACK WITH HEEL TAPS OR LOW KICKS

- 1-2 Step back on right, tap left heel (or low kick with left foot)
- 3-4 Step back on left, tap right heel (or low kick with right foot)
- 5-6 Step back on right, tap left heel (or low kick with left foot)
- 7-8 Step back on left, tap right heel (or low kick with right foot)

(Styling note – snap fingers as you tap/kick)

ROCK BACK, RECOVER, STEP, CLAP, STEP PIVOT 1/2, CLAP, STEP PIVOT 1/4

- 1-2 Rock back on right, recover to left
- 3-4 Step forward on right, hold and snap/clap
- 5-6 Pivot 1/2 left (weight goes to left), hold and snap/clap (6:00)
- 7-8 Step forward on right, pivot 1/4 left (weight goes to left) (3:00)

KICK TWICE, ROCK, RECOVER, STEP PIVOT 1/2 TURN, STOMP, CLAP

- 1-4 Kick right foot twice, rock back on right, recover to left
- 5-8 Step right forward, pivot 1/2 left (weight to left), stomp right, clap (9:00)

No Tags Or Restarts to Lips are Movin

If danced to Shake It Off, during 8 count pause in music, bump hips to left 4 times and Restart
