

Master Put It Down

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Ross Brown (ENG) - May 2015
音乐: Mr. Put It Down (feat. Pitbull) - Ricky Martin : (CD: Mr. Put It Down - Single)



Intro : □ 17 Counts (Approx. 8 Seconds)

Ending : □ On Wall 13, dance the first 8 Counts, but don't turn on the Jazz Box.
This is only for the original music (Mr. Put It Down).

Alternative Tracks : □ Summer Back by Andy Gibson (3:04 – 128 BPM – 32 Count Intro)

Cantina Band by John Williams & London Symphony Orchestra from Stars Wars, Episode IV Soundtrack
(2:47 – 132 BPM – 32 Count Intro)

WALK FORWARD. KICK BALL POINT. BALL POINT. JAZZ BOX ½ TURN R.

- 1 – 2 Walk forward; right, left.
- 3 & 4 Kick forward with right, step right next to left, point left to the left.
- & 5 Step left next to right, point right to the right.
- 6 – 7 – 8 Cross step right over left, make a ¼ turn right stepping back with left, make a ¼ turn right stepping forward with right. (6 O'CLOCK)

WALK FORWARD. KICK BALL POINT. BALL POINT. JAZZ BOX ¼ TURN L.

- 1 – 2 Walk forward; left, right.
- 3 & 4 Kick left foot forward, step left next to right, point right to the right.
- & 5 Step right next to left, point left to the left.
- 6 – 7 – 8 Cross step left over right, make a ¼ turn left stepping back with right, step left to the left. (3 O'CLOCK)

CROSS, SIDE. SAILOR STEP. X2.

- 1 – 2 Cross step right over left, step left to the left.
- 3 & 4 Cross step right behind left, step left to the left, step right to the right.
- 5 – 6 Cross step left over right, step right to the right.
- 7 & 8 Cross step left behind right, step right to the right, step left to the left. (3 O'CLOCK)

HIP BUMPS; FORWARD, BACK. FORWARD, BACK, FORWARD. X2.

- 1 – 2 Step forward with right bumping hips forward, bump hips back.
- 3 & 4 Bump hips; forward, back, forward. (Weight ends on right)
- 5 – 6 Step forward with left bumping hips forward, bump hips back.
- 7 & 8 Bump hips; forward, back, forward. (Weight ends on left) (3 O'CLOCK)

END OF DANCE!

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