

拍数: 64 墙数: 2 级数: Intermediate
 编舞者: Jennifer Choo, Ivy Low (MY), Jasmine Leong (MY) & Wendee Chen (MY) -
 January 2016
 音乐: G.I.G. - Elite : (Album: Catwalk - iTunes)



Start dance on vocals after 6x8's.

SET 1: Prissy Walks with Hitch, C Bumps, ½L Pivot□

1-4 Cross RF over LF, Hitch L Knee, Cross LF over RF, Hitch R Knee□12:00
 5&6 Touch R toes fwd and bump R hip upwards, Recover Hip to center, bump R hip
 downwards□12:00
 &7 Recover hip to center, Bump R hip upwards□12:00
 &8 Recover hip to center, Execute a ½L by shifting weight on RF □6:00

Arm □&5 - With straight elbow, swing right arm upwards (clockwise), stopping at 12:00□

Stylings:□

&6 - Swing right arm downwards (anticlockwise), stopping at 6:00
 &7 - Swing right arm upwards (clockwise), stopping at 12:00
 &8 - Swing right arm downward (anticlockwise), stopping at 9:00 and Push out R elbow to R with
 head still looking at 12:00

SET 2: 3 Walks, Point, R Body Rolls into sit, L Body rolls into sit

1-4 Step LF fwd, Step RF fwd, Step LF fwd, Point RF to R□6:00
 5-6 Raise on ball of LF, Roll body into a sit on R hip□6:00
 7-8 Raise on balls of RF, Roll body into a sit on L hip□6:00

SET 3: Syncopated Fwd Rocks, Press Recover, ½R Press Recover, ½R Press recover

1-2& Rock RF fwd, Recover on LF, Close RF next to LF□6:00
 3-4& Rock LF fwd, Recover on RF, Close LF next to RF□6:00
 5&6& Rock RF fwd, Recover on LF, ½R on LF pressing RF fwd, Recover on LF□12:00
 7&8 ½R on LF pressing RF fwd, Recover on LF, Close RF next to LF□6:00

Easier option: 5&6&7&8: R Rocking Chair, R Fwd Mambo□

SET 4: Walk Walk, Out Out, Wobbly Knees

1-4 Step LF fwd, Step RF fwd, Step LF to L, Step RF to R□6:00
 5-8 On balls of feet and both knees bent, wobble your knees towards each other 4 times (they
 will spring out themselves!) with weight ending on LF on count 8.□6:00

SET 5: Kick and Back Rock 2X, ¼R fwd shuffle, ½L fwd shuffle

1&2& Kick RF fwd, Close RF next to LF, Rock LF back, Recover on RF□6:00
 3&4& Kick LF fwd, Close LF next to RF, Rock RF back, Recover on LF□6:00
 5&6 ¼R Step RF fwd, Close LF next to RF, Step RF fwd □9:00
 7&8 Execute a ½L Step RF fwd, Close RF next to LF, Step LF fwd □3:00

SET 6: Rock Recover, R Coaster, Kick and ¼L Point, Hold, Together side

1-2 Rock RF fwd, Recover on LF□3:00
 3&4 Step back on RF, Step LF next to RF, Step RF fwd□3:00
 5&6 Kick LF fwd, ¼L step LF next to RF, Point RF to R □12:00
 7&8 Hold, Close RF next to LF, Step LF to L□12:00

SET 7: Cross Point, Cross Point, Fwd Hold, ½L pivot with a Big Hip Roll

1-4 Cross RF over LF, Point LF to L, Cross LF over RF, Point RF to R□12:00
 5-6 Step RF fwd, Hold□12:00

7-8 Execute a ½L Pivot with a counter clockwise hip roll and weight ending on LF □6:00

SET 8: Out Out In In, 4x ¼L Point Paddles (Or freestyle!)

1-4 Step RF to R diag fwd, Step LF to L diag fwd, Step RF In, Close LF next to RF □6:00

5-8 ¼L point RF to R, ¼L point RF to R, ¼L point RF to R, ¼L point RF to R (Or do any freestyle) □6:00

Start Again! No Tags! No Restarts! Enjoy and dance with attitude! :-D

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