

My Shot

COPPER KNOB
STEPSHEETS

拍数: 16 墙数: 2 级数: Low Intermediate
编舞者: Christopher Gonzalez (USA) - January 2017
音乐: My Shot (feat. Busta Rhymes, Joell Ortiz & Nate Ruess) (Rise Up Remix) - The Roots : (Album: The Hamilton Mixtape)



Google Play Music: <https://play.google.com/music/m/Tjaqilcow7bytyyjm6m7hr2o6q>

Count-in 32-counts of instrumental intro

Notes Alternative track: My Shot by Lin-Manuel Miranda, Anthony Ramos, Daveed Diggs, Okieriete Onaodowan, Leslie Odom, Jr., Original

Broadway Cast of Hamilton from Hamilton (Original Broadway Cast Recording) (90 bpm)

Google Play Music: <https://play.google.com/music/m/Tiedd4bv2d2gdbwldx63dfzeysy>

[1-7] R STEP, R HEEL DROPS x2, R TOE FAN, R SWIVOT, L ¼ TURN w/ L SWIVOT, R BACK SHUFFLE, L HITCH 12:00

1&2& Step R forward and slightly right (1), raise R heel (&), drop R heel (2), raise R heel (&) 12:00

3&4& Drop R heel (3), swivel R toe to right (&), swivel R toe to neutral (4), swivel R toe to right while swiveling L heel left (&) 12:00

Styling option: you may choose to raise and lower your entire R foot for emphasis instead of only R heel (counts 1-3), although the choreographer's experience of this substitution has been a consequently sore R calf muscle from absorbing the increased impact.

5 Turn body ¼ left (9:00) while switching L weight from toe to heel and R weight from heel to toe, swiveling L toe left and R heel right, shifting body weight to L heel (5) 9:00

6&7& Step R back (6), step L together (&), step R back (7), hitch L knee (&) 9:00

[8-16] L FWD SHUFFLE, R FWD BRUSH, R ROCKING CHAIR w/ L HITCH, R KICK, ¼ L TURN w/ R STEP, L ROCK BEHIND R, R RECOVER, L KICK, L STEP, R ROCK BEHIND L, L RECOVER, R TOE TOUCH, R HEEL TOUCH - 6:00

8&1 Step L forward (8), step R together (&), step L forward (1) 9:00

&2& Brush R forward (&), rock R forward (2), recover L (&) 9:00

3&4& Rock R back while hitching L knee (3), recover L (&), kick R forward (4), turn ¼ L (6:00) and step R forward (&) 6:00

5&6& Rock L behind R (5), recover R (&), kick L forward (6), step L forward (&) 6:00

7&8& Rock R behind L (7), recover L (&), touch R toe beside L w/ knee pointed inward (8), touch R heel in place w/ knee pointed outward (&) 6:00

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