

Headphones

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Lauren Adcock (USA) - July 2017
音乐: Headphones - Jackie Lee



Count In: 16 Count

[1-8] KICK AND POINT X2, HIP BUMPS WITH A ½ TURN X2

- 1&2 Kick R foot forward (1) , Step R foot next to L (&) , Point L foot to L side (2) (12:00)
3&4 Kick L foot forward (3) , Step L foot next to R (&) , Point R foot to R side (4) (12:00)
5,6 Make a ¼ turn L touching R toe to R side and bumping hip (5), Make a ¼ turn L sitting back on R and bumping hip (6) (6:00)
7,8 Make a ¼ turn L touching L toe to L side and bumping hip (7), Make a ¼ turn L stepping forward on R (8) (12:00)

[9-16] KICK AND LOCK, UNWIND WITH KNEE POPS, SAILOR STEP, SAILOR STEP WITH ¼ TURN

- 1&2 Kick R foot forward (1), Step R foot forward (&) Lock L foot behind R (2) (12:00)
3,4 Unwind a ¼ L, popping knees (3), Unwind a ¼ L, popping knees, take weight on L (6:00)
5&6 Step R foot behind L (5), Step L foot to L side (&), Step forward R (6) (6:00)
7&8 Step L foot behind R (7), Make a ¼ turn L, stepping L foot to L side (&), Step forward R (8) (3:00)

Optional Styling: If knee pops don't suit your style, scoot heels to the right two times as you turn on counts 3 and 4

[17-24] SLIDE, CROSSING SHUFFLE, CROSS, BACK, SHUFFLE WITH A ¼ TURN

- 1,2 Slide R on R foot (1,2) (3:00)
3&4& Cross L foot over R (3), Step R foot to R (&), Cross L foot over R (4), Step R foot to R (&) (3:00)
5,6 Cross L foot over R (5), Step back on R (6), (3:00)
7&8 Make a ¼ turn L stepping L foot to L side (7), Step R foot together (&), Step L foot to L (8) (12:00)

[25-32] WIZARD STEPS X2, HEEL TOUCHES X2, STEP, ¼ PIVOT TURN

- 1,2& Step R foot forward to R diagonal (1), Lock L foot behind R (2), Step R foot forward (&) (12:00)
3,4& Step L foot forward to L diagonal (3), Lock R foot behind L (4), Step L foot forward (&) (12:00)
5&6& Touch R heel forward (5), Step R foot together (&), Touch L heel forward (6), Step L foot together (&) (12:00)
7,8 Step R foot forward (7), Make a ¼ pivot turn L, taking weight on L (8) (9:00)**

[33-40] SIDE ROCK, RECOVER, WEAVE, KICK BALL CHANGE X2

- 1,2 Rock R foot to R side (1), Recover weight on L (2) (9:00)
3&4 Step R foot behind L (3), Step L foot to L side (&), Cross R foot over L (4) (9:00)
5&6 Kick L foot forward (5), Step L foot slightly back (&) Step R foot forward (6) (9:00)
7&8 Kick L foot forward (7), Step L foot slightly back (&) Step R foot forward (8) (9:00)

[41-48] ¼ TURN, HOLD, ½ TURN, HOLD, COASTER STEP, WALK X2

- 1,2 Make a ¼ turn R stepping L foot to L side (1), Hold (2) (12:00)
3,4 Make a ½ turn R stepping R foot to R side (3), Hold (4) (6:00)
5&6 Step L foot back (5), Step R foot together (&), Step L foot forward (6) (6:00)
7,8 Step forward on R (7), Step forward on L (8) (6:00)

Optional Styling: Clap on the hold counts (2 and 4), Feel free to use camel walks or knee pops on counts 7 and 8

****MODIFIED RESTART**

On the 5th wall, restart the dance after count 32 by making a $\frac{1}{2}$ turn instead of a $\frac{1}{4}$ turn and picking up with kick and points

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