

So What

拍数: 80 墙数: 2 级数: Phrased Intermediate
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音乐: So What - P!nk



#24 count intro, start with singing

Sequence: A B B Tag A B B Tag A- B B B B Tag

Pattern A: 48 counts

A [1-8] 1/4 SAILOR, ROCK RECOVER, STEP 1/2 TURN, STEP 1/2 TURN, SHUFFLE

1&2 Step back L making 1/4 turn, step R side, step L side
3-4 Step R, recover L
5-6 Step R turning back 1/2 turn, step L turning back 1/2 turn
7&8 Step back R 1/2 turn, step L beside R, step R

A [9-16] SHUFFLE, ROCK RECOVER, SHUFFLE BACK, SHUFFLE 1/2 TURN

1&2 Step L, step R beside L, step L (move at slight diagonal L)
3-4 Step R (completing 1/4 turn L), recover L
5&6 Step back R, step back L beside R, step back R
7&8 Step back L making 1/2 turn, step R beside L, step L

A [17-24] KICK & POINT, KICK AND POINT, SAILOR 1/4 TURN, SHUFFLE 1/4 TURN

1&2 Kick R, point L
3&4 Kick L, point R
5&6 Step back R making 1/4 turn, step L side, step R side
7&8 Step L side making 1/4 turn, step R beside L, step L side

A [25-32] ROCK RECOVER, STEP 1/2 TURN, STEP 1/2 TURN, STEP TOGETHER, STEP TOGETHER

1-2 Step back R, recover L
3-4 Step R turning back 1/2 turn, step L 1/2 turn
5-6 Step R diagonal, step L beside R
7-8 Step L diagonal, step R beside L

A [33-40] SHUFFLE, STEP 1/2 TURN, SHUFFLE, KICK KICK

1&2 Step R, step L beside R, step R
3-4 Step L, pivot 1/2 turn
5&6 Step L, step R beside L, step L
7-8 Kick R, kick R (on the first two "A"s make the second kick higher it will push you backwards for the next step.. on the third "A" keep the second kick lower to restart the dance on 'B').

A [41-48] SHUFFLE BACK, ROCK RECOVER, HITCH POSE STEP, HITCH POSE HOLD

1&2 Step back R, step L beside R, step back R
3-4 Step back L, recover R,
5-6 Hitch L (making fighting pose) step,
7-8 Hitch R (making fighting pose) hold (The fighting pose is an area for personal style. We prefer a boxers defensive stance because it has little impact on balance when you are standing in the hitched position and it promotes a smooth transition to "B")

Pattern B: 32 counts

B [1-8] ROCK RECOVER, SHUFFLE 1/2 TURN, ROCK RECOVER, COASTER STEP

1-2 Step R, recover L
3&4 Step back R making 1/2 turn, step L beside R, step R
5-6 Step L, recover R

7&8 Step back L, step R beside L, step L

B [9-16] ROCKING CHAIR, STEP PIVOT 1/2 TURN HITCH, SHUFFLE

1-2 Step R, recover L
3-4 Step back R, recover L
5-6 Step R, pivot 1/2 turn hitching L
7&8 Step L, step R beside L, step L

B [17-24] STEP, POINT, KICK, KICK, STEP, KICK, KICK, POINT

1-2 Step R, point L
3-4 Kick L, kick L
5-6 Step L, kick R
7-8 Kick R, point R

B [25-32] SAILOR STEP, SAILOR STEP, STEP PIVOT 1/2 TURN, STEP 1/2 TURN, STEP 1/2 TURN

1&2 Step back R, step L beside R, step R side
3&4 Step back L, step R beside L, step L side
5-6 Step R, pivot 1/2 turn
7-8 Step R turning 1/2 turn, step L turning 1/2 turn

TAG 1

ROCKING CHAIR, STEP 1/4 PIVOT TURN, STEP 1/4 PIVOT TURN

1-2 Step R, recover L
3-4 Step back R, recover L
5-6 Step R, pivot 1/4 turn
7-8 Step R, pivot 1/4 turn

TAG 2

Same as TAG 1. Both TAG 1 and TAG 2 occur after PATTERN "B". The music slows down for the eight beats.

During TAG 2 the music slows down even more. It's ideal when you can time the end of the last pivot turn with the beginning of PATTERN "A's 1/4 turn sailor step (the first step) for a smooth transition

TAG 3

Tag 3 is a slightly modified PATTERN "B" steps 1 thru 16.

Steps #1 thru #13 are identical to those in PATTERN "B".....

On step #14 hitch left with fighters pose, on #15 step L, on #16 hitch R with fighters pose

RESTART

There is a Restart on the 3rd Pattern "A" after the 40 count. Its where two R kicks occur. Keep the second kick a little lower. It will make the transition to RESTART PATTERN "B" smoother.
