

How It's Done

拍数: 80 墙数: 1 级数: Intermediate
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音乐: How It's Done - Kash Doll, Kim Petras, ALMA & Stefflon Don : (From Charlie's Angels - OST)



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#1. R FORWARD - TOUCH - L FORWARD - TOUCH - R SIDE - TOUCH - L SIDE - TOUCH

1-2 Step R forward, L touch beside R
3-4 Step L forward, R touch beside L
5-6 Step R to side L touch beside R
7-8 Step L to side, R touch beside L

#2. FUNKY SKATE BACK - R SIDE - FLICK - L SIDE - FLICK

1-2 Step R back and lifting L toe up and out, step L back and lifting R toe up and out
3-4 Step R back and lifting L toe up and out, step L back and lifting R toe up and out
5-6 Step R to side, L quick kick backward with pointed toe & flexed knee
7-8 Step L to side, R kick forward

#3. R FORWARD LOCK SHUFFLE - L FORWARD LOCK SHUFFLE - R BACK LOCK SHUFFLE - L BACK LOCK SHUFFLE

1&2 Step R forward, step L behind R, step R forward
3&4 Step L forward, step R behind L, step L forward
5&6 Step R back, step L cross over R step R back
7&8 Step L back, step R cross over L, step L back

#4 R STOMP - L STOMP - R STOMP (2x) - ¼ TURN STOMP - R STOMP - L STOMP (2x)

1-2 Step R stomp to side, step L stomp to side
3&4 Step R stomp in place, R knee up, step R stomp in place
5-6 ¼ turn left step L to side, step R stomp in place
7&8 Step L stomp in place, L knee up, step L stomp in place

#5. R SIDE - TOUCH BEHIND - L SIDE - TOUCH BEHIND - V STEP

1-2 Step R to side - L touch behind R
3-4 Step L to side - R touch behind L
5-6 Step R diagonal forward, step L diagonal forward
7-8 Step R back to centre, step L back close beside R

#6. R CHASSE - ¼ TURN - L CHASSE - JAZZBOX

1&2 Step R to side, step L close beside R, step R to side
3&4 ¼ turn left step L to side, step R close beside L, step L to side
5-6 Step R cross over L, step L back
7&8 Step R to side, step L cross over R

#7. PRISSY WALK RL - SIDE - BOUNCE - KICK BALL SIDE - SWIVEL

1-2 Cross walk on R, cross walk on L
3&4 Step R to side, heel both up, heel both down
5&6 Right kick forward, Step right on right, Step left on left
7&8

Swivel R heel in towards L, swivel R toe in towards L, Swivel R heel in towards L

#8. SIDE - HOLD - CLOSE - SIDE - FORWARD ROCK - QUARTER LEFT - TOUCH

1-2& Step R to side, hold, step L close beside R
3-4 Step R to side, L touch beside R
5-6 Step L forward, recover on R
7-8 ¼ turn left step L to side, R touch beside L

#9. MODIFIED VINE - ROLLING VINE

1&2& Step R to side, step L behind R, step R to side, step L cross over R
3&4 Step R to side, step L behind R, step R to side
5-6 ¼ turn left step L forward, ½ turn left step R back
7-8 Step L to side, R touch beside L

#10. CROSS ROCK RL - FORWARD - QUARTER LEFT - UNWIND

1&2 Step R cross over L, recover on L, step R to side
3&4 Step L cross over R, recover on R, step L to side
5-6 Step R forward, ¼ turn left step L in place
7-8 R cross touch over L, make full turn to left

Enjoy the dance

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