

Step By Step

拍数: 32 墙数: 4 级数: Beginner
编舞者: YoungSoon Song (KOR) - November 2021
音乐: Step By Step - New Kids On the Block



*1 Tag, 4 Restart

Tag - 4 counts after 24 counts at wall 10(9:00)

Restart - At wall 4 after 8 counts(3:00) / At wall 7 after 8 counts(6:00) / At wall 10 after Tag(9:00) / At wall 12 after 8 counts(3:00)

Tag: repeat S3 last 4counts

1-2 RF Step R(1), LF Cross Over Kick(&), LF Hitch(2)

3-4 LF Step L(3), RF Cross Over Kick(&), RF Hitch(4)

S1: SHUFFLE R WITH SHIMMY, ROCK BACK/RECOVER, SHUFFLE L WITH SHIMMY, ROCK BACK, RECOVER

1&2 RF Step R(1), LF Together(&), RF Side(2)

3-4 LF Rock Back(3), RF Recover(4)

5&6 LF Step L(5), RF Together(&), LF Side(6)

7-8 RF Rock Back(7), LF Recover(8)

(* Shuffle with shimmy / Shake shoulders when doing 'Rock Back' once in 1 count)

S2: HEEL STRUTS x4

1-2 RF Heel Touch Forward(1), RF Toe Drop(2)

3-4 LF Heel Touch Forward(3), LF Toe Drop(4)

5-6 RF Heel Touch Forward(5), RF Toe Drop(6)

7-8 LF Heel Touch Forward(7), LF Toe Drop(8)

S3: JUMP WITH BF OUT, HOLD, HIP BUMP R, L, SIDE/CROSS KICK/HITCH x2

1-2 Jump with BF Out(1), Hold(2)

3-4 Hip Bump R(3), Hip Bump L(4)

5&6 RF Step R(5), LF Cross Over Kick(&), LF Hitch(6)

7&8 LF Step L(7), RF Cross Over Kick(&), RF Hitch(8)

S4: SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, 1/4 TURN L, TOUCH

1-2 RF Side(1), LF Together(2)

3-4 RF Side(3), LF Touch Beside RF(4)

5-6 LF Side(5), RF Together(6)

7-8 LF 1/4 Turn L Forward(9:00)(7), RF Touch Beside LF(8)