

Spice It Up (Rebirth)

拍数: 64 墙数: 1 级数: High Beginner
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音乐: Spice Up Your Life - Spice Girls



Sequence: ABC, AABC, ABCC

PART A: 32c

[1-8] ½ TURN STEP, SIDE ROCK CROSS, SIDE ROCK CROSS, LOCK STEP FORWARD

1&2 Step forward right (1) make ½ turn left (&) step right forward right (2)
3&4 Rock left to the left (3), recover on right (&) cross left over right (4)
5&6 Rock right to the right (5), recover on left (&) cross right over left (6)
7&8 Step left forward, step right behind left and step left forward

[9-16] Repeat steps 1-8

[17-24] KICK/KICK, COASTER STEP, KICK/KICK, COASTER STEP

1-2 Kick right foot forward (1), kick right foot to right side (2)
3&4 Step right behind left (3), step left beside right (&), step right forward (4)
5-6 Kick left foot forward (5), kick left foot to left side (6)
7&8 Step left behind right (7), step right beside left (&), step left forward (8)

[25-32] ROCK, RECOVER ½ TRIPLE TURN TWICE

1-2 Rock forward on right (1), recover on left (2)
3&4 Make ½ triple turn over right shoulder stepping right, left, right (3&4)
5-6 Rock forward on left (5), recover on right (6)
7&8 Make ½ triple turn over left shoulder stepping left, right, left (7&8)

PART B (32 counts)

JUMP FORWARD, HIP BUMPS, JUMP LEFT, HIP BUMPS

&1-2 Step Right forward (&), step Left to left (1), hold (2)
3&4 Bump hips left, right, left (3&4)
&5-6 Step right beside left (&), step left to left (5), hold (6)
7&8 Bump hips right (7) left (&), right (8)

JUMP RIGHT, HIP BUMPS, JUMP BACK, HIP BUMPS

&1-2 Step left beside Right (&) step right to the right (1), hold (2)
3&4 Bump Hip right, left, right, (3&4)
&5 Step Left back (&), step right back (5), hold (6)
7&8 Bump hips left, right, left (7&8) (weight on left)

PART C (16 counts)

Dance according to the chorus

WEAVE LEFT, STEP-SLIDES WITH HIP ACTION TRAVELING RIGHT

"Slam it to the left"

1-2 Cross right in front left, step left to left side
3-4 Cross right in behind of left, step left to left side

"Shake to the right"

5& Right step side right moving hips left, left slide next to right
6& Right step side right moving hips left, left slide next to right
7& Right step side right moving hips left, left slide next to right
8 Right step side right moving hips left

OUT OT BACK BACK, ROLLING HIPS BUMPS

- 1-2 Step left forward, right forward to the right (chicas to the front)
 - 3-4 Step left back, right back to the right (uh uh)
 - 5-8 Rolling hip anti-clockwise from left to right (go round / hi ci ya hold tight)

 - 9-16 Repeat steps 1-16
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