

Grillz

拍数: 32 墙数: 4 级数: Improver
编舞者: Anna Pennington (USA) - April 2023
音乐: Grillz (feat. Paul Wall & Ali & Gipp) - Nelly



Starts: 32 counts

[1 – 8] HIP ROLL, R TAP AND SLIDE R, HEEL SWIVEL L, R HEEL GRIND ¼ TURN

1 2 Hip roll
3 & 4 Tap R foot to side, tap R next to L, step R and slide
5& 6& Both heels L, both toes L, both heels L, both toes L
7 8 R heel to side, grind heel while ¼ turn (facing 3:00)

[9 – 16] KNEE POP L, KNEE POP R, KNEE L KNEE R KNEE POP L, LEG OUT ½ TURN, STEP FORWARD X 2

1 2 Knee pop L, knee pop R
3 & 4 Knee pop L, and R, and L
5 6 L leg swings outward to propel a half turn (facing 9:00)
7 8 Step forward R, step forward L

[17 – 24] HIP ROLL, KNEES OVER TOES X 2, JUMP BACK, STEP FORWARD X 2, KICK R X 2

1 2 Hip roll
3& 4& Bend knees over toes to L, and then R, jump back with both feet
5 6 Step forward R, step forward L
7 8 Kick R out to side

[25 – 32] GRAPEVINE L, HIP ROLL R, SNAP SNAP LEAN L, R TAP FORWARD, R TAP SIDE, KICK R BEHIND, SLIDE R

1 & 2 Step R behind L, step L to side, R touch beside L
3 4 Roll hips R
5 & 6 Roll hips L while L hand snaps, R hand snaps over L, then both hands snap back while you lean back
7& 8& R tap forward, R tap side, R kick foot back, R step and slide

****TAG: END OF WALL 9 - 16 COUNTS**

TAG: HEEL OUT R, HEEL OUT L, R IN, L IN, STEP FORWARD X 3, HIP ROLL ½ TURN

1 2 Step on R heel, step on L heel
3 & 4 Bring R back, bring L back, step forward R
5 6 Step forward L, step forward R
7 8 Roll hips twice while turning over L shoulder for ½ turn

Last Update: 31 Aug 2023