

In The Air

拍数: 32 墙数: 4 级数: Beginner
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音乐: In the Air - Noah Powa & Pop Style



Intro : 32C - No Tag / No Restart

SEC1: JUMP SIDE, TOUCH WITH HIPS BUMP (R-L) , STEP WITH HIPS BUMP OR SWAY

&1&2 Jump RF to R side , touch LF next to RF ,step RF in place , touch LF next to RF with a bit hips bump or bouncing

(optional : raise R hand up)

&3&4 Jump LF to L side , touch RF next to LF , step LFin place ,touch RF next to LF with a bit hips bump or bouncing

(optional:raise L hand up)

5-8 Step RF to R side with sway or hips bump R-L-R-L (while bumping , raising hand up R-L-R-L)

SEC2: STEP ,LOCK , STEP,LOCK,STEP ,1/4 TURN L STEP FWD ,STEP BACK IN PLACE,STEP FWD , BRUSH

1-2 Step RF fwd , lock LF behind RF

3&4 Step RF fwd ,lock LF behind RF ,step RF fwd

5-6 ¼ turn L , step LF fwd ,step RF back in place

7-8 Step LF fwd , brush RF fwd

SEC3: LINDY (R-L)

1&2 Step RF to R , step LF next to RF,step RF to R

3-4 Rock LF behind RF ,recover on R

5&6 Step LF to L ,step RF next to LF ,step LF to L

7-8 Rock RF behind LF ,recover on L

SEC4: OUT , OUT , KNEE POP IN R-L , BEND DOWN WITH BODY ROLLS

1-2 Step RF out a bit diagonally to R side ,step LF out a bit diagonally to L side

&3&4 Pop R knee in , recover , pop L knee in , recover

5-8 Bend both knees down a bit with body roll to side (down R , down L , down R , up to L , weight on L)

Have fun and happy dancing!