

Hangover

拍数: 32 墙数: 4 级数:
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音乐: Hangover (feat. Flo Rida) - Taio Cruz : (Clean Version)



Intro: 80 counts

Restart after 16 counts on wall 6

[1-8] KICK-STEP-PRESS, WALK BACK x2, HINGE TURNING BOX

- 1&2 Kick right foot forward, step right slightly forward, press left foot forward (weight stays on right)
- 3 4 Step left foot back, step right foot back
- 5&6& Make ¼ turn left stepping left foot to side, collect right foot to left, make ¼ turn left stepping right foot to right side, collect left foot to right (6.00)
- 7&8 Make ¼ turn left stepping left foot to side, collect right foot to left, make ¼ turn left stepping right foot to right side (12.00)

[9-16] ANTI-CLOCKWISE LUNGE, R HEEL, L HEEL, R HEEL x2 (with arm push)

- 1-4 Transfer weight to left foot with lean to left, transfer weight to both feet whilst bending both knees, transfer weight to right foot with lean to right as, transfer weight to left foot with both knees straight.

(This creates a smooth anti-clockwise circle with the upper body)

- 5&6& Touch right heel to right diagonal, step right next to left, touch left heel to left diagonal, step left next to right
- 7&8 Touch right heel to right diagonal, hitch right knee, touch right heel to right diagonal Arms:
- 5-8 Lift hands to sides at chest height, palms facing forward. Push hands forward 4 times whilst contacting chest in

Restart here Wall 6 (facing 9.00)

[17-24] BALL-CROSS, SIDE, SAILOR ¼ TURN, WALK/POP x2, R SIDE PRESS, RECOVER/CLOSE

- &1 2 Step right foot next to left, cross left over right, step right foot to right side
- 3&4 Cross left behind right, make ¼ turn left stepping right in place, step left in place (9.00)
- 5 6 Step right foot forward whilst popping left knee, step left foot forward whilst popping right knee
- 7 8 Press right foot out to right side, recover weight to left and step right next to left

[25-32] L SIDE PRESS, REVERSE PADDLE ¼ TURN, SAILOR STEP, R SIDE PRESS, REVERSE PADDLE ¼, BEHIND, SWEEP, BACK/HITCH

- 1&2& Press left foot out to left side, recover onto right, make ¼ turn left pressing left foot out to left side, recover onto right (6.00)
- 3&4 Cross left behind right, step right to right side, step left to left side
- 5&6& Press right foot out to right side, recover onto left, make ¼ turn right pressing right foot out to right side, recover onto left (9.00)
- 7&8 Cross right behind left, sweep left foot from front to back, step left foot back hitching right foot

START AGAIN