

I Slay

拍数: 48 墙数: 2 级数: Intermediate
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音乐: I Slay - Tina Parol



Intro: 48 counts (0:15 mins)

S1 (1 – 8) Cross, Side, Sailor step, Cross, Side, Hip bump, Replace, 2 hip bumps

1-2 Cross R over L (1), Step L to side (2)
3&4 Step R behind L (3), Close L next to R (&), Step R to side (4)
5-6 Cross L over R (5), Step R to side, hip bump (6)
7&8 Replace on L, hip bump 2 x (7&8)

S2 (9 – 16) 1/4 R, Forward, 1/4 R, Cross, Side, flick, Side, Flick

1-2 Turn 1/4 R @3:00, step R in place (1), Step L forward (2)
3-4 Turn 1/4 R @6:00, weight change to R (3), Cross L over R (4)
5-6 Step R to side (5), Flick L behind R (6)
7-8 Step L to side (7), Flick R behind L (8)

S3 (17 -24) Forward, kick, Back x 2, Out-out, Hip bump R-L

1-2 Step R forward (1), Kick L (2)
3-4 Step L back (3), Step R back (4)
&5-6 Step to L side (&), Step R to side (5), Hold (6)
7-8 Hip bump R (7), Hip bump L (8)

S4 (25 -32) 1/4 R, Forward, 3/8 R, Forward, Cross, Back, close, bend knees, push back

1 Turn 1/4 @9:00, weight change to R (1)
2-3 Step L forward (2), Turn 3/8 R @1:30, weight change to R (3)
4 Step L forward (4)
5-6 Cross R over L (5), Step L back (6)
7-8 Close R next to L, bend knees (7), Straighten knees, push hips back (8)

S5 (33-40) Forward rock, Back rock, Flick, Shuffle, 1/4 L, Forward rock, Back rock, Flick, Shuffle

1-2 Step R forward, push hips forward (1), Rock back (2)
Styling option: flick R back
3&4 Step R to R diagonal forward (3), Close L next to R (&), Step R forward (4)
5-6 Turn 1/4 L @10:30, step R forward, push hips forward (5), Rock back (6)
Styling option: flick L back
7&8 Step L to L diagonal forward (7), Close R next to L (&), Step L forward (8)

S6 (41 – 48) Forward, Chase turn, Forward, Cross, Side rock, Cross, Side rock

1-2 Square out to 12:00, step R forward (1), Step L forward (2)
3-4 Turn 1/2 R @6:00, change weight to R (3), Step L forward (4)
5&6 Cross R over L (5), Step L to side, rock L (&), Replace on R (6)
7&8 Cross L over R (7), Step R to side, rock R (&), Replace on L (8)