

Strokin 2.0

拍数: 32 墙数: 4 级数: Beginner
编舞者: Johnny Martinez (USA) - November 2024
音乐: Rock The Boat - Aaliyah : (Jersey Club)



Dance starts 8 counts after "Oh my god it's DJ Small"

[1-8] STEP RIGHT & SHAKE, SAILOR SCUFF, STEP LEFT & SHAKE, SAILOR SCUFF.

1&2 step right on 1, shake on &2
3&4 sailor step to the right, scuff left
5&6 step left on 5, shake on &6
7&8 sailor step to the left, scuff right

[9-16] MAMBO RIGHT, MAMBO LEFT, LINDY TO THE RIGHT

1 2 step right, back together
3 4 step left, back together
5&6 7 8 lindy to the right, recover weight back to right foot

[17-24] TRIPLE LEFT, STEP RIGHT TURN/SWITCH, STEP FORWARD LEFT TOGETHER AND TWIST, TWIST

1&2 triple step forward LrL
3 step forward on right/pivot half turn over left shoulder facing 6 o'clock
&4 switch back to left foot on &, right heel kick on 4
&5 6 switch weight to right foot back on &, step forward left on 5, right together on 6
&7&8 right foot and hip twist up on &, then down on 7, again up on &, then down on 8

[25-32] STEP RIGHT, SLIDE, BACK ROCK STEP, STEP LEFT TURN/KICK COASTER STEP

1 2 step to the right on 1, left slides together on 2
3 4 left rock step behind right foot on 3, weight transfers back to right foot on 4
5 6 step to left spring into both feet on 5, 1/4 turn over left shoulder/left kick on 6
7&8 Left coaster step