

Kung Fu Fighting

拍数: 36 墙数: 4 级数: Intermediate
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音乐: Kung Fu Fighting - Carl Douglas



RIGHT KICK BALL CHANGE, RIGHT CROSS AND UNWIND, LEFT KICK BALL CHANGE, LEFT CROSS AND UNWIND

- 1&2 Kick right foot forward, step right beside left and put your weight on the right foot, recover the weight to your left foot
- 3-4 Cross right over left and unwind $\frac{1}{2}$ turn over your left shoulder(on the ball of your feet)
- 5&6 Kick left foot forward, step left beside right and put your weight on the left foot, recover the weight to your right foot
- 7-8 Cross left over right and unwind $\frac{1}{2}$ turn over your right shoulder(on the ball of your feet)

SIDE SHUFFLE, ROCK AND KICK, FULL TURN, KICK

- 9&10 Step right to right side, step left next to right, step right to right side
- 11-12 Step left behind right, kick right diagonally forward while you turn $\frac{1}{8}$ turning to the left side
- 13-14 Turn $\frac{1}{8}$ more (so you have completed a $\frac{1}{4}$ turn to the left side) while you step right down in front of left, turn $\frac{1}{2}$ turn over right shoulder and step left behind right
- 15-16 Step right behind left while you turn $\frac{3}{4}$ over right shoulder and kick left forward

SAILOR SHUFFLE, STEP AND DIP

- 17&18 Step left behind right, step right to right side and rock weight back onto left
- 19&20 Step right behind left, step left to left side and rock weight back onto right
- 21&22 Step left forward and bend your knee and raise again(dip down and up)
- 23&24 Step left backward and bend your knee and raise again(dip down and up)

PIPE TURN, VINE TO THE LEFT

- 25-26 Step left forward and turn $\frac{1}{2}$ over right shoulder
- 27-28 Step left forward and turn $\frac{1}{2}$ over right shoulder
- 29-32 Step left to left side, cross right behind left, step left to left side, touch right next to left

$\frac{1}{4}$ TURN, HOP, STEP

- 33 Step right to right side while you turn $\frac{1}{4}$ to the right side and make a hitch with the left leg
- 34-35 Hop forward on your right leg (twice)
- 36 Step left forward

REPEAT

ARMS

On the "step and dip" count raise your arms in front of your shoulder with fist closed(just like the do in karate). Your left fist is in front when your left leg is in front, and your right fist is in front when your right leg is in front. To make it even more like a karate class you can shout on those counts to, don't be shy make a big "kiiiai", or just shout like they do in the song