

Let's Switch

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Switch - Will Smith



KICK, STEPS X4, KICK, STEPS TRAVELING X4, ROCK & CROSS

&1 Kick right foot forward, step right foot down
&2 Kick left foot forward, step left foot down
&3 Kick right foot forward, step right foot down
&4 Kick left foot forward, step left foot down
&5 Kick right foot to right side, step right foot to right side
&6 Kick left foot across right foot, step left foot across right foot
&7&8 Kick right foot to right side, rock right foot to right side, recover weight to left foot, cross right foot over left foot

& CROSS, HOLD, & CROSS TWICE, ROCK & TOGETHER, & FORWARD & BACK TURNING ½ LEFT

&1 Step left foot to left side, cross right foot over left
2 Hold position
&3 Step left foot to left side, cross right foot over left foot
&4 Step left foot to left side, cross right foot over left foot
5&6 Rock left foot to left side, recover weight to right foot, step left foot to right foot
&7&8 Step right foot forward to right diagonal, step left foot forward to left diagonal, step right foot back to

CENTER, STEP LEFT FOOT NEXT TO RIGHT FOOT (&8) TURNING ½ TO LEFT, & FORWARD & BACK TURNING ½ LEFT, STEP RIGHT FOOT, CLAP TWICE, STEP LEFT FOOT CLAP TWICE, KNEE ROLLS

&1&2 Step right foot forward to right diagonal, step left foot forward to left diagonal, step right foot back to center, step left foot next to right foot turning ½ to left
&3-4 Step right foot forward to right diagonal, clap hands, clap hands
&5-6 Step left foot forward to left diagonal, clap hands, clap hands
7-8 Roll left knee round to left, roll left knee round to left

CROSS, SIDE, BACK, HITCH, BACK, SIDE, FORWARD, FORWARD STEP TOGETHER & HITCH X3

1&2 Cross right foot over left foot, step left foot to left side, turn ¼ right, step right foot back
&3&4 Hitch left knee, step left foot back, step right foot to right side, turn ¼ right, step left foot forward
5-6 Step right foot forward, step left foot to right, hitch right knee
&7&8 Step right foot forward, step left foot to right, hitch right knee, step right foot forward, step left foot to right, hitch right knee

REPEAT