

Life Sized

拍数: 0 墙数: 0 级数:
编舞者: John Bailey (CAN)
音乐: Larger Than Life - Backstreet Boys



Sequence: AB, AB, A (counts 1-40 only), BB, AB

PART A

A RUNNING MAN & THE LOOK

- 1& Bring the right foot forward while touching the ball of the left foot back, hop back with the right leg while hitching the left leg
- 2& Bring the left foot forward while touching the ball of the right foot back, hop back with the left leg while hitching the right leg
- 3& Bring the right foot forward while touching the ball of the left foot back, hop back with the right leg while hitching the left leg
- 4 Bring the left foot forward while touching the ball of the right foot back
- 5-6 Turn head and look right, then left
- 7-8 Turn head and look right, then back to 12:00 and clap

PARTIAL VINE, ATTITUDE MOVE, TOE TO THE SIDE, SET, & BODY ROLL

- 9-10 Step right to right side, bring left behind
- 11 Hop a 1/8 turn right on the ball of the left foot while kicking right leg forward and down
- & Hop a 1/8 turn right on the ball of the left foot while kicking right foot back (have now made a 1/4 turn right)
- 12 Touch ball of right foot behind left
- 13-14 Touch ball of right foot right, turn right foot a 1/4 turn right
- 15-16 Complete a forward body roll (weight ends on right foot)

POINT & BUMP, TWO SAILOR SHUFFLES

- 17& Point right finger forward (chest height) while bumping hips right, bump hips left
- 18& Move finger right while bumping hips right, bump hips left
- 19& Move finger right while bumping hips right, bump hips left
- 20 Finger should be pointing 45 right while bumping hips right (weight on right drop arm for count 21)
- 21&22 Left sailor shuffle (bring left behind right, step right to right side, step left to left side)
- 23&24 Right sailor shuffle (bring right behind left, step left to left side, step right to right side)

HIP HOP MOVES TWICE

- 25&26 Kick left foot forward, step back with left, bring right beside
- &27 Step forward with left, scuff right foot forward
- &28 Hitch right leg pivoting a 1/4 turn left on left foot, step down with right
- 29&30 Kick left foot forward, step back with left, bring right beside
- &31 Step forward with left, scuff right foot forward
- &32 Hitch right leg pivoting a 1/4 turn left on left foot, step down with right

WALKING THE LINE

- 33-34 Step left with left foot, hold
- 35&36 Bring right behind left, step left with left, cross right over left (traveling left)
- 37-38 Step forward left, hold
- 39&40 Step right to right side, bring left behind, step right to right
- 41-42 Step left with left foot, hold
- 43&44 Bring right behind left, step left with left, cross right over left (traveling left)

- 45-46 Step forward left, hold
47&48 Step right to right side, bring left behind, step right to right

PART B

MASHED POTATOES & BASKETBALL MOVES

- &1 Bring left leg out to left while swiveling heels out, swivel heels in bringing left back (behind right)
&2 Bring right leg out to right while swiveling heels out, swivel heels in bringing right back (behind left)
&3 Bring left leg out to left while swiveling heels out, swivel heels in bringing left back
&4 Bring right leg out to right while swiveling heels out, swivel heels in bringing right back
5& Jump up bringing feet shoulder width apart, cross right over left
6 Jump a ¼ turn left (feet shoulder width apart)
7-8 Jump a 1½ turn right, jump a 1½ turn left (both turns feet should be shoulder width apart)

Low impact moves for the start of Part B

- 1& Step back with left, hitch right leg
2& Step back with right, hitch left leg
3& Step back with left, hitch right leg
4 Step back with right
5& Jump up bringing feet shoulder width apart, cross right over left
6 Pivot a ¼ turn left (feet shoulder width apart)
7-8 Pivot a 1¼ turn right, pivot a 1¼ turn left (both turns feet should be shoulder width apart)

HOLD YOUR HANDS HIGH & WIGGLE IT

- 9-10 Bring right arm and left arm out to the right (shoulder height - left arm is across chest) with fists clenched while bumping hips right twice
11-12 Extend both arms over head with fists clenched while bumping hips left twice
13-14 Bring left arm and right arm out to the left (shoulder height- right arm is across chest) with fists clenched while bumping hips left twice
15-16 Rotate hips to the right while bringing fists down to torso level rotating arms to the right

ON BENDED KNEE (NOT!)

- 17-18 Flex knees while placing both hands on knee or thigh, hold (or drop down on left knee -right leg forward)
19-20 Turn head right, hold
21-22 Turn head left, hold
23-24 Stand up, hold

LIFE SIZED WALK

- 25-26 Walk forward right, hold
27-28 Walk forward left, hold
29-30 Walk forward right, thrust right arm in the air (shoulder width)
31-32 Walk forward left, thrust left arm in the air (shoulder width- drop arms for count 33)
&33 Jump back right, then left
&34 Jump back right, then left
35-36 Bump hips right twice
37-38 Bump hips left twice
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