

Meltdown!

拍数: 32 墙数: 4 级数:
编舞者: Scott Blevins (USA)
音乐: Teary Eyed - Missy Elliot



- 1-2 Press right to right side, recover weight onto left
3&4 Step right across and in front of left, make ¼ turn right stepping back on left, hold position (facing 3:00)
&5-6 Step right next to left, step forward on left, start making ¼ turn right stepping forward on right
7&8 Finish making ¼ turn right stepping back on left, step right to right side, step left across and in front of right
- &a1-2 Take a small step to right on ball of right, step left next to right, kick right to right, step right across and in front of left (facing 6:00)
3&4 Make a ¼ turn right stepping back on left, close right next to left, step forward on left
&5-6 Take a small step forward on ball of right, take a larger step forward on left, step forward on right
7&8 Rock forward on left, recover weight onto right, make a ¼ turn right stepping back on left (facing 12:00)
- &a1-2 Make a ¼ turn right stepping forward on right, make ½ turn right on right, step back on left popping right knee and lifting right shoulder, step back on right popping left knee and lifting left shoulder (facing 9:00)
3&4 Make a ¼ turn right stepping back on left, make a ¼ turn right stepping forward on right, step forward on left (facing 3:00)
&5 Step slightly forward on ball of right, step left slightly forward and to left side
6-7 Skate back on right, skate back on left
&8 Step slightly back and to the right on right, step left across and in front of right (still facing 3:00)
- &a1-2 Make ¼ turn right stepping forward on right, bring left knee up slightly, step left to left side, make ¼ turn right stepping right to right side (facing 9:00)
&3-4 Step slightly forward on ball of left, make ¼ turn right stepping right across and in front of left, make ¼ turn right stepping back on left (facing 3:00)
&5-6 Step on right ball to right, step left across and in front of right, make ¼ turn right stepping forward on right (facing 6:00)
7-8& Make ¼ turn right stepping back on left, step right to right side, step left across and in front of right (facing 9:00)

REPEAT
