

Miami

拍数: 64 墙数: 4
编舞者: Bronya Bishorek (MY)
音乐: Miami - Will Smith

级数: Intermediate/Advanced hip hop



POINT STEP RIGHT, LEFT, ELECTRIC SLIDE RIGHT, LEFT

- 1&2 Point right toe to right, small hitch, step down on right
- 3&4 Point left toe to left, small hitch, step down on left
- 5-6& Push to the right and step, cross left behind right on ball, step right in place
- 7-8& Push to the left and step, cross right behind left on ball, step left in place

HIP ROLL RIGHT, LEFT, DROP, HITCH, STEP, SIDE STEPS X 4 WITH JIGGLING SHOULDERS (MILK SHAKE)

- 1 Step right to right, roll right hip and finish with weight on right
- 2 Roll left hip and finish with weight on left
- &3&4 Shift weight back to right, hitch left knee, cross left behind right on ball, hitch left knee, step left with left
- 5& Bend both knees slightly while jiggling both shoulders twice
- 6& Step right next to left while jiggling both shoulder twice
- 7& Step left to left, bending both knees while jiggling both shoulders twice
- 8& Step right next to left while jiggling both shoulders twice

¼ TURN LEFT, SIDE STEPS, ¼ TURN RIGHT

- 1 ¼ turn left and step left
- 2 Step right to right (now facing 9:00)
- 3-4 Step left next to right, step right to right
- 5-6 Repeat 3-4
- 7 ¼ turn right and step left to left (now facing 12:00)
- 8 Step right to right

¼ TURN STEP, ¼ TURN SIDE KICK, ¼ TURN STEP, ½ TURN DUCK, HITCH, CIRCLE WALK, STOMP

- 1 Cross left over right doing a ¼ turn right, finish facing 3:00
- 2 ¼ turn left and kick right heel to right side (12:00)
- 3 Cross right to left side doing a ¼ turn left, finish facing 9:00
- 4 ½ turn right (3:00), weight on right with left leg stretched behind body
- & Hitch left knee
- 5-8 Walk to the left with left, right, left, right in a circle ending facing 12:00, both feet together, clap

WIDE SHOULDER JACKS LEFT & LEFT, RIGHT & STAND, SHOULDER PUSHES, RIGHT BODY ROLL

- 1&2 Step left to left, small jerk right, lean left again (while doing shoulder jacks left & left)
- 3&4 Lean right, small jerk left, stand up pulling left to right (shoulder jacks right & right)
- 5 With feet together push right shoulder forward while bending knees a little
- 6 Push left shoulder forward, bending knees a little more
- 7 Pull left shoulder back, straightening knees a little
- 8 Roll right shoulder back and stand up tall

GRAPEVINE LEFT, ¼ TURN LEFT, WALK BACK

- 1 Step left to left
- 2 Cross right behind left
- 3 Step left to left

- 4 ¼ turn left, touching right toe next to left
5-8 Walk backwards 4 steps, right left right left, finishing feet together

¼ TURN RIGHT, WALK FORWARD, SCUFF, HITCH & STEP, WEIGHT TRANSFER RIGHT, LEFT, RIGHT, LEFT

- 1-3 ¼ turn to right and walk 3 steps forward, right left right (use heel to toe action)
&4 Using left - scuff, hitch and step left to left side (with kung fu greeting hands)
5 Shift weight to right with left toe touching floor with knee bent facing 45 degrees
6 Shift weight to left with right toe touching floor with knee bent facing 45 degrees
7-8 Repeat 5-6

WALK BACK, POINT FORWARD RIGHT & LEFT, ¼ TURN LEFT & POINT RIGHT SIDE & LEFT SIDE

- 1-4 Walk back, right left right left, using toe to heel action and macho shoulders
5& Point right toe forward, step right next to left
6& Point left toe forward, step left next to right
7& ¼ turn left, point right toe to right side, step right next to left
8& Point left toe to left, step left next to right (facing 9:00)

REPEAT
