

Milkshake

COPPER KNOB
STEPSHETS

拍数: 40 墙数: 4 级数: Intermediate/Advanced
编舞者: Chris Godden (UK)
音乐: Milkshake - Kelis



- &1&2 Hitch right while swinging right foot to right, touch right forward swiveling right heel in, out, in
3-4 Pivot ½ right on right while hitching left, repeat (back to front wall)
5-6 Walk back left, right
&7-8 Left to left side, right to right side, take right arm out to right side (palm face down while head turns right)
- 1&2 Kick left in place, cross left behind right, hold
&3-4 Step right to right side, cross left over right, step right to right side
5&6 Cross left behind right, right to right side, ¼ turn onto left
7&8 Swivel both heels left right left while making ½ turn right (weight ends on left)
- 1&2 Step back on right, press on ball of left, step right in place
3&4 Repeat on left
5-6 Kick right to right side, close right to left crossing arms in front of chest
7-8 Step left to left side throwing arms out to side (palms down), bending into both knees pushing palms down
- &1&2&3&4 Taking weight onto left bump hips right left right left right left right left (while bumping hips slowly complete ¼ turn right with right hitch)
5-6 Big step forward on right, close left to right
7-8 Circle knees to the left twice while making ¼ left turn
- 1-4 Walk forward right, left, kick right forward, pivot ½ right pressing into ball of right
5&6 Hold, close left behind right, step forward on right
7&8 Scuff left forward, hitch left, step forward on left

REPEAT
