

Nod Ya Head

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Masters In Line (UK)
音乐: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



STEP, ¼ TURN, ROCK AND KICK BEHIND SIDE IN FRONT, TAP HEEL, NOD HEAD

- &1-2 Step back left, step forward right, ¼ turn left
- 3&4 Rock left behind right, rock forward right, kick left diagonally left
- 5&6 Step left behind right, step right to right side, cross left over right
- 7-8 Touching right toe diagonally forward right, tap heel twice, nod head twice

WEAVE STEP ½ TURN, FULL TURN, ½ TURN, KNEE POPS

- 1&2 Cross right behind left, step left to left side, cross right over left
- 3-4 Step forward left, make ½ turn right
- 5-6 Make ½ turn right stepping back on left, make ½ turn right stepping forward right
- &7 Make ½ turn right step back left, step right should width apart
- &8 Bend both knees forward, heels down

TAP, TAP, SIDE, SAILOR ¼ TURN KNEE ROLLS, MAMBO STEP

- 1&2 Tap right toe next to left twice, step right to right side
- 3&4 Step left behind right, right to right side, make ¼ turn left step on left
- 5 Touch right toe diagonally forward roll right knee to the right
- 6 Touch left toe diagonally forward roll left knee to the left
- 7&8 Rock forward right, rock back left, step right together

ROCK RECOVER 1.½ TURN LEFT, ROCK RIGHT, LEFT, SEMI ROLL

- 1-2 Rock forward left, rock back right
- 3&4 Make ½ turn left step forward on left, make ½ turn left step back right, ½ turn left, forward left
- 5-6 Make ¼ turn left step right to right side, rock to left side
- 7-8 Bending knees, start to make an arc shape anti to the right (think of a clock, start at 9:00 bending knees so you are at 6:00 and finish with weight on right at 3:00 arc way is moving right all the time)

Lower torso on left side, move torso to right raise torso weight on right, slide left to right (think of a circle cut off top half, you should be left with a semi circle at the bottom this is the shape 7 & 8 should be)

REPEAT