

1 2 Step

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Sobrielo Philip Gene (SG)
音乐: One, Two Step (feat. Missy Elliott) - Ciara



STEP TOUCHES, STEP STEP (FEET APART)

1-2 Step right to right, touch left beside right
3-4 Step left to left, touch right beside left
&5 Step right diagonally back to right, touch left beside right
&6 Step left diagonally back to left, touch right beside left
7-8 Step right forward, step left to left (feet apart)

TOUCH FLOOR, THIGH SLAP, BOUNCE ¼ TURN, KICK STEP BACK, HIP BUMPS FLICK

1 Using right hand touch the floor or point to the floor (body is bending down)
2 Stand up and clap respective thighs with respective hands
3&4 Making ¼ turn left bounce both feet 3 times (3&4)(weight on left)
5&6 Kick right forward, step right back, step left to left
7&8 Bump hips to left, bump hips to right, bump hips to left and flick right behind left

STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (BACK) KNEE POP FORWARD

1-2 Step right to right, step left beside right
3 Pop right and left knees out to respective side
& Bring both knees in towards each other
4 Pop right and left knees out to respective side
& Bring both knees in
5-6 Step right back touch left beside right
7&8 Pop right knee forward, pop left knee forward, pop right forward, pop left forward

STEP TOGETHER (SIDE) KNEE POPS SIDE, STEP TOGETHER (FORWARD) KNEE POP FORWARD

1-2 Step left to left, step right beside right
3 Pop right and left knees out to respective side
& Bring both knees in towards each other
4 Pop right and left knees out to respective side
& Bring both knees in
5-6 Step left forward touch right beside right
7&8 Pop left knee forward, pop right knee forward, pop left forward, pop right forward

REPEAT

TAG

On the 5th wall (front wall) do this 4 count tag

1-4 Step right forward, step left forward, step right back, step left beside right