

1,2 Step

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Nic Bartlam (UK)
音乐: One, Two Step (feat. Missy Elliott) - Ciara



- 1-2 Step forward on right foot, step left to left side
&3&4 Pop right knee in, pop right knee out, turn head to look right and then center
5&6 Hold, close right to left, step left to left side
7&8 Hold, close right to left, step left to left side (feet apart)
- & Right arm up in front of face at a right angle, fist clenched
1 Place left hand on top of arm
& Pop right knee in, right arm comes down to meet left arm in to the left direction, head tilts with rest of body
2 Recover so right arm is up in front of face at a right angle, fist clenched and left hand on top of right arm
& Pop left knee moving body to left keeping arm where it is
3 Recover
& Pop right knee moving body to right keeping arm where it is
4 Recover
5 Push right arm down
6 Hold
7&8 Swivel feet to center, heels, toes, center. Weight finishes on right foot
- 1-2 Step forward right, turn ¼ turn left
3-4 Step forward right, turn ¼ turn left
5&6 Kick right foot forward, step right forward, turn ¼ turn right stepping left big step to left side (as you take step throw left hip to left side)
7&8 Cross right behind left, step left to left side, step right to right side
- 1&2 Rock on to left foot, rock back on to right, rock back on to left
Body styling - as you rock on to left for 1, push left shoulder to left side and push right to right side, bring both back together for &, push them both out again for 2
3&4 Cross right behind left, step left to left side, step right to right side
5&6 Cross left behind right, step right to right side, step left to left side
7-8 Step forward on right, turn ½ turn left stepping forward on left

REPEAT

TAG

On the end of the 4th wall instead of dancing a ½ turn for 7-8, replace it with:

- 7-8 Step forward on right, turn ¼ turn left stepping forward on left
9-10 Step forward on right, turn ¼ turn left stepping forward on left
11-12 Step forward on right, turn ¼ turn left stepping forward on left

Then start again as normal