

Ooops Up

拍数: 32 墙数: 4 级数: Improver
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音乐: Ooops Up (feat. NG3) - Snap! vs. DJ Tomekk



SLIDE STEP, POINT TURN ¼ RIGHT KNEE, KICK STEP WEIGHT CHANGES, ¼ TURN RIGHT

- & Lift up right knee
- 1 Slide right foot to right 15:00
- 2 Put left foot next right foot, while doing this bring right hand above your head and left hand on right hip
- 3 Point right foot out, while doing this bring right hand down, palm down
- & Twist right knee, while doing this turn ¼ to right, facing 15:00
- 4 Look up with your head
- 5 Kick right foot
- & Put right foot next to left foot
- 6 Step forward on left foot, keep weight on right foot
- 7 Put weight on left foot, while doing this pump both shoulders forward
- 8 Turn ¼ over right and put right foot next left foot, facing 18:00

WALK, WALK, TOUCH FORWARD, TOUCH BACKWARDS, TURN ½ LEFT, HOLD, WALK WALK

- 1 Right foot walk forward
- 2 Left foot walk forward
- 3 Point right foot in front
- 4 Step right foot backwards
- 5 Turn ½ over left foot shoulder on right foot, facing 12:00
- 6 Hold
- 7 Right foot step forward
- 8 Left foot step forward

JAZZ BOX TURN ¼ RIGHT, KICK STEP BACK, KICK STEP BACK

- 1 Cross right foot in front left foot
- 2 Left foot step back
- 3 Turn ¼ over right and step right out, facing 15:00
- 4 Cross left foot over right foot
- 5 Kick right heel out to right side & hitch right knee up
- 6 Put right foot backwards next to left foot
- 7 Kick left heel out to left side & hitch left knee up
- 8 Put left foot backwards next to right foot

HIP HOP (SHUFFLE) ON SPOT, HIP HOP (SHUFFLE) ON SPOT KICK, TOUCH BACKWARDS, KICK FORWARD, TOUCH BACKWARDS

- 1 Put weight on right foot, while doing this swing right arm from elbow up
- & Put weight on left foot, while doing this swing arm down, from elbow
- 2 Put weight on right foot, while doing this swing right arm from elbow up
- 3 Put weight on left foot, while doing this bring your right elbow to the right side, like you give somebody a elbow(hook)
- & Put weight on right foot, while doing this bring your elbow back in front your body
- 4 Put weight on left foot, while doing this bring your right elbow to the right side, like you give somebody a elbow(hook)
- 5 Kick right foot in front
- & Put right foot next to left foot

- 6 Touch left foot back
- 7 Kick left foot in front
- & Put left foot next to right foot
- 8 Touch right foot back start all over and have fun

REPEAT
