

Pop

拍数: 32 墙数: 2 级数: Advanced
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音乐: Pop - *NSYNC



CROSS, UNWIND, SAILOR SHUFFLE, STEP, STEP, STEP, SCUFF, HITCH, STOMP

- 1 Cross right foot over left foot
- 2 Unwind a full turn to the left
- 3&4 Sailor shuffle left-right-left
- & Step right foot to the right
- 5 Step left foot slightly forward
- 6 Step right foot forward
- 7 Scuff left foot forward
- & Hitch left leg
- 8 Stomp left foot slightly forward

STEP, ½ TURN BUMP, TRIPLE LOCK STEP, CROSS, UNWIND, STEP, ½ TURN

- 1 Step right foot forward
- 2 Make a ½ turn to the left keeping weight on right foot while bumping right hip
- 3&4 Triple lock step forward left-right-left
- 5 Cross right foot behind left foot
- 6 Unwind ¾ turn to the right
- 7 Step left foot forward
- 8 Pivot ½ turn to the right (weight on right foot)

ROCK, RECOVER, BEHIND, SIDE, CROSS, STEP, STEP, SLIDE, SHUFFLE

- 1 Rock forward on left foot
- 2 Recover on right foot
- 3 Cross left foot behind right foot
- & Step right foot to the right
- 4 Cross left foot over right foot
- & Step right foot to the right
- 5 Take a large step with left foot to the left
- 6 Drag right foot next to left foot making a ¼ turn to the right (weight on left foot)
- 7&8 Shuffle forward right-left-right

STEP, ½ TURN, KICK-BALL-STEP, ½ TURN BUMP, STEP, ½ TURN, STEP BACK

- 1 Step left foot forward
- 2 Pivot ½ turn to the right (weight on right foot)
- 3 Kick left foot forward
- & Step down on left foot
- 4 Step right foot forward
- 5 Make ½ turn to the left keeping weight on right foot while bumping right hip
- 6 Step left foot forward
- & Make a ½ turn to the left on left foot
- 7 Step right foot back
- 8 Step left foot back

REPEAT

TAG

After 3rd repetition

The first 12 counts are the same as the first 12 at the beginning

CROSS, UNWIND, SAILOR SHUFFLE, STEP, STEP, STEP, SCUFF, HITCH, STOMP

- 1 Cross right foot over left foot
- 2 Unwind a full turn to the left
- 3&4 Sailor shuffle left-right-left
- & Step right foot to right side
- 5 Step left foot slightly forward
- 6 Step right foot forward
- 7 Scuff left foot forward
- & Hitch left leg
- 8 Stomp left foot slightly forward

STEP, ½ TURN BUMP, TRIPLE LOCK STEP, STEP, TURN, KICK-BALL-CHANGE

- 1 Step right foot forward
- 2 Make ½ turn to the left keeping weight on right foot while bumping right hip
- 3&4 Triple lock step forward left-right-left
- 5 Step right foot forward
- & Make a full turn to the left on the right foot
- 6 Step left foot forward
- 7&8 Right kick-ball-change (weight on left foot)

TAG

After the 6th repetition

- 1-2-3-4 Slow body roll down
- 5-6 Slow body roll up
- 6 Wipe right hand across forehead (like wiping off sweat)
- 7 Flick right hand down to side (like flicking off sweat)

TAG

After the 7th repetition

Do the first tag followed by the 4 counts below

PADDLE TURNS

- 1 Make a ¼ turn to the left on left foot while touching right foot to right side
 - 2 Make a ¼ turn to the left on left foot while touching right foot to right side
 - 3 Make a ¼ turn to the left on left foot while touching right foot to right side
 - 4 Make a ¼ turn to the left on left foot while touching right foot to right side (weight on left foot)
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