

Pop Ya Collar

拍数: 0 墙数: 1 级数: Intermediate
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音乐: Pop Ya Collar - Usher



Sequence: AAB, AAB, AB, BBB

PART A

LEFT FOOT ROCK LEFT SIDE, ¼ TURN LEFT, KICK AND TOUCH ¼ TURN RIGHT

- 1 Left foot rock to left side
- & Weight back on right foot
- 2 Left foot step next to right foot while turning ¼ left on ball of right foot(weight ends on left foot)
- 3 Right foot kick forward
- & Right foot touch back
- 4 Turn ¼ right on balls of both feet (weight should remain on left foot)

SLIDE TO THE RIGHT, KNEES IN, KNEES OUT, KNEES IN

- 5 Right foot big step to right side
- 6 Left foot slide next to right foot (don't close your feet, keep them shoulder wide apart)
- 7 Knees in left foot & right foot (point your arms straight forward and grab your right fist with your left hand while doing steps 7&8)on balls of both feet
- & Knees out left foot & right foot
- 8 Knees in left foot & right foot(end with weight on left foot)

WALK, WALK, WALK, TOGETHER

- 9 Right foot walk forward
- 10 Left foot walk forward
- 11 Right foot walk forward
- 12 Left foot step together next to right foot

MAKE POSE, KICK, TOUCH, TURN ½ LEFT

- 13 Weight on balls of both feet, arms spread out
- 14 Lower heels, ending with weight on right foot
- 15 Left foot kick forward
- & Left foot touch backwards
- 16 Right foot & left foot turn ½ left (weight ending on left foot)

WALK, WALK, KICK, STEP, TURN

- 17 Right foot walk forward
- 18 Left foot walk forward
- 19 Right foot kick forward
- & Step on to right foot while turning ½ left
- 20 Left foot touch forward (feet should be apart while sitting in contracted position)

KICK, TOUCH, SCUFF, HITCH, TOGETHER

- & Weight back on left foot
- 21 Right foot kick forward
- 22 Right foot touch backwards
- 23 Right foot scuff next to left foot
- & Right foot hitch with right knee while scooting forward on left foot
- 24 Right foot touch next to left foot(weight should remain on left foot)

KICKS & HOPS IN PLACE, RIGHT FOOT LOCK BEHIND LEFT KNEE

- 25 Right foot kick forward, hop in place on left foot
- & Right foot step next to left foot
- 26 Left foot kick forward, hop in place on right foot
- & Left foot step next to right foot
- 27 Right foot kick forward, hop in place on left foot
- & Right foot kick backwards
- 28 Right foot lock behind left knee
- & Right foot unlock behind left knee(weight is on left foot during counts 27&28&)

RIGHT FOOT TOUCH RIGHT, LEFT FOOT TOUCH LEFT, BODY ROLL, TOGETHER

- 29 Right foot touch to the side
- & Right foot step next to left foot
- 30 Left foot touch to left side
- 31 Transfer weight to left foot, start making body roll to left side
- 32 Right foot drag next to left foot while finishing body roll to left side

PART B

RIGHT FOOT STEP DIAGONALLY BACKWARDS, LEFT FOOT STEP DIAGONALLY BACKWARDS

- 1 Right foot step 45 degrees diagonally backwards, bounce with both shoulders
- &2 Bounce 2 times with both shoulders
- 3 Left foot step 45 degrees diagonally backwards, bounce with both shoulders
- &4 Bounce 2 times with both shoulders

TAP RIGHT FOOT, TAP LEFT FOOT, TAP RIGHT FOOT, BENT BOTH KNEES

- 5 Right foot touch toes forward
- & Right foot step next to left foot
- 6 Left foot touch toes forward
- & Left foot step next to right foot
- 7 Right foot touch toes forward
- & Bent both knees and pull shoulders up
- 8 Straighten both knees again (weight should remain on left foot) put shoulders down again

RIGHT FOOT TOUCH RIGHT, LEFT FOOT TOUCH LEFT, ¾ MONTEREY TURN TO THE LEFT HOP 2X

- 9 Right foot touch right
- & Right foot step next to left foot
- 10 Left foot touch left
- 11 Left foot drag back to right foot while turning ¾ to left on ball of right foot
- &12 Right foot & left foot hop forward on both feet (2 times)

WALK, WALK, WALK, TOUCH FORWARD

- 13 Right foot walk forward
- 14 Left foot walk forward
- 15 Right foot walk forward
- 16 Left foot touch forward while turning body ¼ left(body facing front)

TOUCH BACKWARDS, TOGETHER ¼ TURN, SLIDE

- 17 Left foot touch backwards
- 18 Left foot touch next to right foot while turning ¼ left
- 19 Left foot make a big step to left
- 20 Right foot drag next to left foot (feet should be together)

OUT, OUT, TOES, HEEL, TOES

- 21 Right foot step slightly backwards to right side

- 22 Left foot step to left side
- 23 Right foot & left foot toes together
- & Right foot & left foot heels together, and right shoulder up
- 24 Right foot & left foot toes together, and left shoulder up(feet should be together now)

RIGHT FOOT KICK FORWARD, LEFT FOOT ROCK LEFT, SWIVEL AND BACK

- 25 Right foot kick forward
- & Right foot step next to left foot
- 26 Left foot step to left side(replace weight from right foot to left foot)
- & Put weight back on right foot
- 27 Left foot step next to right foot
- & Move both knees to the right while standing on the balls of your feet
- 28 Move knees back to the front

RIGHT FOOT STEP 45 DEGREES RIGHT FORWARD, RIGHT FOOT STEP NEXT TO LEFT FOOT

- 29 Right foot step 45 degrees right forward
 - 30 Pop arms to body
 - 31 Right foot step next to left foot
 - 32 Push arms forward
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