

Power Jam

拍数: 22 墙数: 4 级数: Beginner
编舞者: Kathi Stringer
音乐: Gonna Make You Sweat - C&C Music Factory



RIGHT SIDE, TOGETHER, SIDE, CHANGE WEIGHT

- 1 Touch right toe to right side (or push out to the right side)
- 2 Touch right toe next to left foot
- 3 Touch right toe to right side (or push out to the right side)
- 4 Step right foot next to left foot

LEFT SIDE, TOGETHER, SIDE, CHANGE WEIGHT

- 5 Touch left toe to left side (or push out to the left side)
- 6 Touch left toe next to right foot
- 7 Touch left toe to left side (or push out to the left side)
- 8 Step left foot next to right foot

TURN/TAP HEEL TWITCH, TURN/TAP TOE TWICE

- 9 Pivot $\frac{1}{4}$ turn left on ball of left foot and tap right heel forward
- 10 Tap right heel forward again
- 11 Pivot $\frac{1}{2}$ turn right on ball of left foot and tap right toe back
- 12 Tap right toe back again

TURN/HEEL, TURN/TOE, TURN/HEEL, TURN/TOUCH

- 13 Pivot $\frac{1}{2}$ turn left on ball of left foot and tap right heel forward
- 14 Pivot $\frac{1}{2}$ turn right on ball of left foot and tap right toe back
- 15 Pivot $\frac{1}{4}$ turn left on ball of left foot and step forward with right foot
- 16 Pivot $\frac{1}{4}$ turn right on ball of right foot and touch left toe to left side

CROSS, POINT, CROSS, STEP BACK

- 17 Step across in front of right leg with left foot
- 18 Touch right toe to right side
- 19 Step across in front of left leg with right foot
- 20 Step back with left foot

TOGETHER, (HOP)-HOP

- 21 Step together with right foot
- & (Option) hop forward with both feet
- 22 Hop forward with both feet

REPEAT
