

Prince's Bridge

拍数: 96 墙数: 0 级数:
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音乐: The Sacrifice Of Victor - Prince



ROBAU

- 1 Small step forward on right heel pushing right toe out to side, simultaneously pushing left heel forward - weight on ball of left foot and heel of right foot. Knees turn out to side
& Weight transfers on to ball of right foot while pushing right heel out. Left foot picks up, foot towards outside of leg. Knees together at center
2 Small step forward on left heel pushing left toe out to side, simultaneously pushing right heel forward - weight on ball of right foot and heel of left foot

Knees turn out to side

- & Weight transfers on to ball of left foot while pushing left heel out. Right foot picks up, foot towards outside of leg. Knees together at center
3&4& Repeat 1&2&
5&6& Repeat 1&2&
7&8& Repeat 1&2&

SPLIT LUNGES

- 1& Kick right foot front, step, together
2& Step left back, leaving ball of right foot on floor while twisting right heel forward. Transfer weight forward on to front right foot. Arms push forward away from body on step back
3& Kick left foot front, step together
4& Step right back, leaving ball of left foot on floor while twisting left heel forward. Transfer weight forward on to left front foot. Arms push forward away from body on step back
5&6& Repeat above
7&8& Repeat 5&6&

HEAD POP TO MADONNA

- 1 Step together. Knees bent
2 Quarter turn left
3 Contract body, head tucks in, deepen plie. Hands on crease of leg
4 Release to second position - head pops up
5-6 Ribs and shoulders push left then right.

Gradually straighten legs over counts 5-8

- 7-8 Ribs and shoulders push left then right

CROSS POINTS TO BYE BYE POP

- &1 Step left point right foot to side. Push arms down, palms down. Right arm in front of body, left arm behind, body turns left
&2 Step right point left foot to side. Push arms down, palms down. Left arm in front of body, right arm behind, body turns right
&3 Quarter turn left. Step left point right foot. Right arm circles and pushes across body to left hip, fingers spread
&4 Step right point left foot to side. Left arm circles and pushes across body to right hip, fingers spread

Right hand still at left hip

- &5 Step left point right foot to side. Both arms circle left to right in front of face. End with left hand in front of right shoulder, right arm extended straight out from shoulder. Both hands have fingers spread, left hand with palm towards body, right hand with palm facing front
6 Left hand tilts up toward face
7 Left hand tilts down. Right hand tilts up slight bend in elbow

- & Left hand tilts up, right hand tilts down
- 8 Left hand tilts up, right hand tilts down bend in elbow increases. At the same time, body does quarter turn right, head throw back. Both knees are bent, weight on left foot, right on ball of foot

SAILOR HOP TO ROMAN JUMP

- 1&2 Step right hop hop, left behind with knee bent. Sailor arms: right arm bent in front across body

Hand in fist; left arm wrapped around back of body, hand in fist

- 3 Step front left
- & Step back on to right kicking left foot forward
- 4 Step back on to right kicking left foot forward
- 5 Scuff right, scooping arms up with hands in fists
- &6 Bring right knee up, left knee up then drop to squat keeping back straight. Hands on crease of thighs
- 7 Stand up with feet together
- &8 Clap. Clap

BRAIN TEAZER ONE

- 1 Twist both heels right while bending knees
- & Heels return to center as legs straighten
- 2 Right knee picks up as left knee bends
- & Step forward on to right while straightening knees
- 3 Left knee picks up as right knee bends
- & Step back on left while straightening knees
- 4 Right knee picks up as left knee bends
- & Step together right while straightening legs
- 5&6& Repeat to left
- 7&8& Repeat to left

Arms: hands together, right over left. Push hands down on steps

When knee picks up, hands come over knee then push down to center

BRAIN TEAZER TWO

- 1& Right arm turns out then in. Right arm out, elbow in at waist, fingers spread. Right arm recovers to beginning position, elbows out, hand in front of stomach with fingers spread (left hand remains in this position.)
- 2& Both knees turn out then in. Both arms out to side, elbows remain at side of waist, fingers spread

Arms return to beginning position

- 3 Step back on to left foot, kicking right foot forward. Opposition sailor arms
- &4 Step forward on to right foot, step together left. Opposition sailor arms
- 5& Kick right foot to side. Close feet together
- 6& Kick left foot to side. Close feet together
- 7& Kick right foot forward to right corner. Close feet together.
- 8& Kick left foot back to left corner. Close feet together

NICOLE ARMS

- 1 Step right forward. Right arm circles in and pushes forward and up over head
- Arm ends straight with palm out**
- 2 Step left forward. Left arm circles in and pushes forward and up over head. Arm ends straight with palm out
 - 3 Bend knees while turning toes out to side, elbows in at waist. Hands out from waist, fingers spread with palms forward
 - & Bring knees and feet together on balls of feet. Arms remain bent while crossing overhead, right hand in front of left

- 4 Drop into second position with feet turned out and knees bent
Arms come down and remain bent slightly away from body, fingers spread
 & Right knee twists in on ball of foot. Right hand comes in to stomach
 5 Release to position in count 4
 6 Pull legs and feet together on full demi-pointe with legs straight. Arms straight up over head with palms towards each other
 7 Drop to turned out second with knees bent. Hands on crease of thigh
 8 Hold

POP LOCKS TO TURN

- 1 Cross right over left
 2 Quarter turn left
 3 Half turn left
 4 Hold
 5 Step forward on to right
 6& Chaine turn - step left right making one full turn
 7&8 Step left forward. Ball change

HIPS, ROLL, THREE QUARTER TURN

- 1 Step right foot to second position while making a quarter turn left and pushing hips right
 &2 Hips push left right
 3&4 Triple step making three quarter turn left
 & Bring right knee up to retiere
 5 Step right foot out to second, leaving most of weight on left
 6 Side ripple/body roll to right, transferring weight to right
 7 Cross left foot behind right
 8 Three quarter turn left stepping right left. Feet end together in first position

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- 1 Right foot cuts in front of left shin
 2 Right foot kicks behind, remaining bent as body makes a quarter turn left
 3 Step forward right transferring weight but leaving left foot on floor
 & Transfer weight back on to left foot while picking up right
 4 Step right back, transferring weight while leaving left foot on the floor
 & Transfer weight to left foot while picking up right
 5&6 Repeat counts 3&4
 7 Jump crossing right foot (back foot) over left, while making a quarter turn right
 & Jump out to second
 8 Jump feet together

Arms: opposite sailor arms on counts 1-6. Arms at side on counts 7&8

GEORGE JETSON

- 1-8 Repeat on other leg

REPEAT
