

Promiscuous

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Signature X
音乐: Promiscuous - Nelly Furtado



WALK, WALK, CHASSE LEFT, HOLD WITH HAND PUSHES

1-2 Step right forward, step left next to right
3&4 Step left to left side, step right next to left, step left next to right
5-8 Hold

Option:

5-8 Execute hand pushes to the right then left for two sets

WALK BACK X4, CROSS ROCK

1-2 Step right back, step left back
3-4 Repeat 1-2

Option:

1-4 Execute arm roll above head, starting from right
5&6 Cross left over right, recover right back, step left to left side
7&8 Cross right over left, recover left back, step right to right side

Option:

5&6-7&8 Alternate hand pumps, starting from right pump down, then left pump down. Repeat 4x of hand pumps on each sides of cross rock

STEP LEFT FORWARD, HIP ROLL TWICE, JUMP IN, SLAM LEFT FORWARD, PRESS LEFT BACK

1 Step left forward (body facing 3:00, head looking 12:00)
2-3 Hip rolls to the right twice
4 Jump both feet back in standing position (facing 3:00, head facing 12:00)
5 Step left forward to 12:00 (body and head facing 12:00)
6-7 Hold
8 Press left behind right

Hands option for count:

6 Hands open up to both sides (like wings just beside the waistline)
7 Hands close towards front while body bending forward, as though in the act of diving forward
8 Hands open up to both sides again (hands option 6)

STEP TOUCH, STEP PRESS, STEP TOUCH ¼ RIGHT, STEP, HOLD

1-2 Step left to left side, step right next to right

Hands option:

2 Left hand points to the left, as though saying "hey you!"
3-4 Step right to right side, step left behind right
5-6 Repeat 1-2 by stepping left to left side facing 3:00
7 Step right to right side, heads looking at 12:00, body at 3:00
8 Hold, turning head towards front

REPEAT