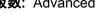


拍数: 48 墙数: 2 级数: Advanced

编舞者: Masters In Line (UK) 音乐: Pump It - Black Eyed Peas





WALK WALK, BALL CHANGE, HITCH, SLIDE BACK, BALL CHANGE, STEP FORWARD

1-2	Step forward or	n right, step	forward on left

&3 Rock back on ball of right, recover weight forward onto left

4 Hitch right knee

5-6 Take big step back on right, slide left to right (no weight change)

&7 Step left next to right, step forward on right

8 Step forward on left

3 TOUCH TURNS LEFT, SHOULDERS TURN, 2 TOUCH TURNS BACK RIGHT, SWIVET

The touch turns are done as more of a strong step, like a chug round almost a dragging action

1-2 Make ¼ turn left stepping right out to right side, make ¼ turn left stepping right to right side 3-4 Make ¼ turn left stepping right out to right side, shoulder lift and turn upper body to face front 5-6 Make 1/8 turn right stepping right out to right side, make 1/8 turn right stepping right out to

right side

7 With weight on right heel & left toe, twist right toes to right & left heels to left

8 Return feet back to center

HITCH, DOWN, HITCH WITH KNEE ROLL, TOUCH STEP BACK, TOUCH STEP BACK

1&2 Hitch right knee beside left, straighten right knee next to left, swing right leg out to right side

bending left knee

Weight remains on left through these 2 counts

&3 Bring right leg back in towards left, hitch right knee as it circles to the right from hip

4 Step right to right side

Touch left next to right, step diagonally back on left 5-6 Touch right next to left, step diagonally back on right 7-8

3 WALKS BACK, HOLD (OR SHOULDER SHRUG), 2 BALL CHANGES, HITCH, SWING LEG BACK

1-2 Step diagonally back on left, step diagonally back on right

3-4 Step diagonally back on left, hold on count 4 or shrug shoulders up then down These 3 walks are strong funky steps, for styling angle shoulders towards diagonals (left, right left)

HOP WITH SCOOT, CROSS, KICK HOOK, STEP LEFT, SHOULDER DIPS, FULL TURN LEFT

&5 Rock back on ball of right, recover weight forward onto left

Rock back on ball of right, recover weight forward onto left

For styling on ball changes bend knees a little, keep upper body weight forward

Hitch right knee, swing right leg back behind you keeping weight on left 7-8

Hop on left scooting slightly back as right leg swings around to front, cross right over left 1-2

3-4 Kick left to left diagonal, hook left in front of right shin

5 Step left to left side with bent knee - hands are in fists in front of chest with elbows out to

sides, drop left elbow down as right goes up

6 Feet remain in place, drop right elbow as left elbow raises up

7-8 Make ½ turn left stepping right to right side, make ½ turn left stepping left to left side

Counts 7-8 is a 2 count full turn like a rolling grapevine

Alternate: as an easy alternative to the fast turn on 7-8:

7 Cross right over left 8 Step left to left side

HEEL GRIND, BALL CROSS, TOUCH, BACK, SWEEP, BALL CHANGE, WALK

1-2	Cross right heel over left grinding into floor, step left to left side
&3-4	Step in place with right, cross left over right, touch right to right side

5-6 Cross right behind left, sweep left foot around to back (weight stays on right)

&7 Rock back on ball of left, recover weight forward onto right

8 Step forward on left

REPEAT