

Put It Up

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Slam Dunk - Five



SYNCOPATED VINE WITH ½ PIVOT, ROCKING HORSE, ½ PIVOT

- 1-2 Step right foot wide to right side, hold
&3-4 Quickly step left foot next to right foot, step right foot forward, quickly pivot ½ turn to the left
5&6& Rock forward on right foot, shift weight back onto left foot, rock back on right foot (optional: kick left foot at the same time), shift weight forward onto left foot
7&8 Step right foot forward, quickly pivot ½ turn to the left

KICK STEP TOUCH, PIVOT STEP TOGETHER, KICK BACK BACK, BODY ROLL (PUT IT UP)

- 9&10 Kick right foot forward, step right foot in place, touch left foot back
11&12 Lean slightly forward as you pivot 1/8 to the left on right foot, pivot 1/8 to the left on right foot again (total of ¼ turn left), shift weight to left foot at the same time bringing right foot next to left foot (during these steps pretend you are dribbling a basketball with your right hand then grasping it with both hands)
13&14 Kick right foot forward, step right foot back diagonally right, step left foot back even with right foot (still holding ball with both hands)
15&16 Squat down slightly, raise hips forward, stand straight up (pretend your are shooting a basket on the last of these counts)

RUNNING MAN VARIATION, HEEL PUMPS AND PIVOTS

- 17&18 Touch right heel forward, hitch right knee and at the same time scoot back slightly on left foot, step right foot next to left foot
19&20 Touch left heel forward, hitch left knee and at the same time scoot back slightly on right foot, step left foot next to right foot

Make a ½ turn (total) to the right with the next four counts

- 21&22& Touch right heel forward, hitch right knee and at the same time pivot to the right on left foot, repeat 21&
23&24 Repeat above steps one more time (21&), step right foot in place finishing the ½ turn

BASKETBALL TURNS, SIDE LUNGE

- 25&26 Rock forward on left foot, shift weight back onto right foot starting ½ pivot to the left on right foot, finishing ½ pivot to the left step left foot slightly forward
27&28 Rock forward on right foot, shift weight back onto left foot starting ¼ pivot to the right on left foot, finishing ¼ pivot step right foot slightly forward
29&30 Rock out to left side on left foot, shift weight to right foot starting ¼ pivot the left, finishing ¼ pivot step left foot next to right foot
31-32 Lunge out to right side on right foot, shift weight to left foot and at the same time touch right toe next to left foot

REPEAT