

Rollipop

拍数: 32 墙数: 4 级数: Improver
编舞者: Dawn Sherlock (UK) & Robin Sin (SG)
音乐: Move Ya Body - Nina Sky



HIP ROLLS TWICE, PADDLE ¼ TURN

- 1-4 (Weight on left, touching right beside left) roll hips to the left over 2 counts twice
5-6 Step forward on right, making a ¼ pivot left while rolling hips to the left
7-8 Step forward on right, making a ¼ pivot left while rolling hips to the left (weight on left)

SYNCOPATED ROCK, STEP, ½ TURN HITCH, BACK, TOUCH, BUMP HIPS

- 1&2& Rock forward on right, left in place, rock back on right, left in place
3-4 Step forward on right, making a ½ turn right, hitch left
5-6 Step back on left, touch right beside left
7&8 Bump hips left-right left

Restart from here on 3rd wall

SIDE STEP, ¼ TURN DIP DOWN, SHOULDER ROCKS, KICK & CROSS, ¼ TURN STEP, ½ TURN HITCH

- 1-2 Step right to the side, making a ¼ turn left while bending both knees with left remain touching forward
3&4 Pop shoulders right-left-right as you straighten up and stand weight on left
5&6 Kick forward on right, step right slightly back, cross left over right
7-8 Making a ¼ turn right, step forward on right, making a ½ turn right, hitch left beside right

BUMP HIPS FORWARD TWICE, ROCK & ½ TURN STEP, ¼ TURN ROCK & TOUCH

- 1&2 Touch left forward and bump hips left-right-left (ends weight on left)
3&4 Touch right forward and bump hips right-left-right (ends weight on right)
5&6 Rock forward on left, recover on right, making a ½ turn left, step forward on left
7&8 Making a ¼ turn left, side rock on right, recover on left, touch right beside left

REPEAT

RESTART

Restart on 3rd wall after 16 counts completing the hips bumps and start the dance again