

Second Look

拍数: 80 墙数: 2 级数: Advanced
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音乐: Deja Vu - Beyonce And Jay-Z



STEP, ROCK AND TURN KNEE POP, ROCK AND TOGETHER ROCK STEP, TOGETHER

- 1-2& Step left foot forward, rock right foot forward, rock weight back onto left
- 3&4 ¼ turn right stepping right foot slightly to right, lift both heels, drop both heels (3:00)
- 5&6 Rock right foot to right side, rock weight back onto left, step right together
- &7-8 Rock left foot to left side, ¼ right stepping right forward, step left together (6:00)

ROCK AND TOGETHER, BALL STEP, TOGETHER, STEP, LOOK AND LOOK, STEP

- 1&2 Rock right forward, rock weight back onto left, step right together
- &3-4 Step ball of left foot slightly back, step right foot forward, step left foot together
- 5-6& Step right foot forward, (keeping feet in place) rock weight back onto left, rock weight forward onto right
- 7-8 Rock weight back onto left, step right foot forward

For styling, look back over left shoulder on 6, face forward on &, look over left again on 7, face forward on 8

PIVOT TURN, BALL STEP, STEP, TOGETHER, KNEES OUT, KNEES OUT, POINT BACK

- 1-2 Step left foot forward, turn ½ turn right shifting weight forward onto right (12:00)
- &3-4 Step ball of left foot slightly behind right, step right foot forward, step left foot forward
- 5&6 Step right foot together, split both knees out, bring both knees to back to center
- &7-8 Split both knees out, bring both knees to back to center, point left toe back

For styling, as you split knees out for & push left elbow out left, back center for 6, push right elbow out right for &, back for 7

TURN, BUMP AND BUMP TOGETHER SIDE, STEP, SWEEP, STEP, SWEEP

- 1-2& Turn ¼ left shifting weight onto left, bump hips right, bump hips left (9:00)
- 3&4 Bump hips right, step left foot together, step right foot to right side
- 5-6 Step left foot forward and slightly across right, sweep right foot around and in front of left
- 7-8 Step weight onto right foot, sweep left foot around and in front of right and step weight onto left

BACK, TURN, STEP, BUMP, STEP, TOUCH, STEP TOGETHER STEP

- 1-2 Rock back onto right, step onto left making a full turn right (stepping and turning in one count) (9:00)
- 3-4 Step forward onto right foot, bump hips back onto left diagonal while rocking weight back onto left foot
- 5-6 Step weight forward onto right, making a ¼ turn left touch left next to right (6:00)
- 7&8 Making a ¼ turn left step forward left, step together right, step forward left (3:00)

WALK, WALK, WALK, BUMP, STEP, TOUCH, STEP, LEAN

- 1-2 Step right forward, step left forward
- 3-4 Step right forward, bump hips back onto left diagonal while rocking weight back onto left foot
- 5-6 Step weight forward onto right, making a ¼ turn left touch left next to right (12:00)
- 7-8 Step left to left side, bend knees to dip slightly and lean weight right

For styling, on count 8, as you lean, isolate the shoulders to the right

LONG LEAN, LEAN, LEAN, KICK AND SIDE ROCK ROCK BEHIND STEP

- 1-2 Lean slowly to the left over two counts while straightening up from bent knees
- 3-4 Lean to the right, lean to the left

- 5&6& Kick right low and across left, step right down across left, step left to left side, rock weight onto right foot slightly to right side
- 7&8 Rock weight onto left foot, step right behind left, making a ¼ left step left foot forward (9:00)
- For styling, isolate shoulders in the direction you lean for counts 1-4**

STEP, SLOW TURN, BALL STEP, FORWARD AND BACK AND CROSS ROCK RECOVER

- 1-2-3 Step right foot forward, over 2 counts pivot ½ turn left shifting weight onto left (3:00)
- &4 Step ball of right foot slightly behind left, step left foot forward
- 5&6& Rock right foot forward, recover weight onto left, rock right foot back, recover weight onto left
- 7&8 Making a ¼ right step right in front and across left, rock left foot to left side, recover weight onto right (6:00)

TURN, TOUCH, TURN, TOUCH, TURN, TOUCH, TURN, TOUCH

- 1-2 Making a ¼ turn left step left foot forward, touch right next to left
- 3-4 Making a ¼ turn left step right foot back, touch left next to right
- 5-8 Repeat counts 1-4, you will end facing 6:00

SLIDE, TOUCH, SLIDE, TOUCH, STEP, TURN, STEP, TURN

- 1-2 Slide left to forward left diagonal, touch right next to left
- 3-4 Slide right to forward right diagonal, touch left next to right
- 5-6 Step left foot forward, make a ½ turn right shifting weight onto right (12:00)
- 7-8 Step left foot forward, make a ½ turn right shifting weight onto right (6:00)

REPEAT

RESTART

On the 3rd wall, after 64 counts (before the square of turn touches), start again from the beginning
