

7 Digits

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Morgan Ratcliffe (USA)
音乐: Can I Get Your Number (A Girl Like You) - No Authority : (Album Version)



MAMBO RIGHT, MAMBO LEFT. 2 FULL TOUCH TURNS TO THE LEFT (OPTION JUST 1 TURN)

1&2 Rock right foot to right, replace weight onto left, step right foot together
3&4 Rock left foot to left, replace weight onto right, step left foot together
5-6 Touch right toe to right side making $\frac{1}{2}$ turn left, touch right toe to right side making $\frac{1}{2}$ turn left
7-8 Touch right toe to right side making $\frac{1}{2}$ turn left, touch right toe to right side making $\frac{1}{2}$ turn left

Option: instead of making a $\frac{1}{2}$ turn each time on the touches (counts 5-8) just make a $\frac{1}{4}$ turn each time, an even easier option for complete beginners would be to bump hips right, left, right, left!

FUNKY WALK, STEP $\frac{1}{2}$ PIVOT LEFT, TOUCH RIGHT TOE, OUT, OUT

9-10 Step right foot forward coming up onto balls of feet, step left foot forward (not on ball of foot) as you do so bend both knees slightly pushing left hip out to the side

11-12 Repeat 9-10

Option: if this feels uncomfortable then just do 4 small walks forward, right, left, right, left!

Arm styling: While stepping right (9 and 11), raise right arm just above your head (as if saying hello). While stepping left (10 and 12) bring arm swiftly down across body (as if swatting a fly) snapping your fingers

13-14 Step right foot forward, pivot $\frac{1}{2}$ turn to the left

15&16 Touch right toe next to left, step right foot to right, step left foot to left

ROLL RIGHT KNEE IN AND OUT, KNEE IN-OUT-IN-OUT, STEP $\frac{1}{2}$ PIVOT LEFT, TOUCH RIGHT TOE, OUT, OUT

17&18 Roll right knee and arm inside to out (from left to right) ending with palm facing up

&19 Pop right knee in bringing right arm towards center of body, pop knee out snapping fingers out to side

&20 Repeat &19

21-22 Step right foot forward, pivot $\frac{1}{2}$ turn to the left

23&24 Touch right toe next to left, step right foot to right, step left foot to left

KICK & TOUCH BACK, BODY OR HIP ROLL BACK, FEET TURN, HEAD TURNS, 3 SHOULDER BOUNCES

25&26 Kick right foot forward, step right foot across in front of left, touch left foot back

27-28 Body roll down (option hip roll to left) finishing with weight on left foot

29-30 Pivot feet only $\frac{1}{4}$ turn to the left keep head facing forward, head looks to the left

31&32 Rest of body squares up as you bounce shoulders up and down 3 times (as if shrugging shoulders)

REPEAT

TAG 1

On the 4th wall, you will dance the first 16 counts of the dance as usual and then start the wall again

TAG 2

After 7th wall the music goes slow dance the full dance through, then add these 4 counts:

1-2 Head looks left then forward.

3-4 Click right hand to right, click left hand to left.