

So Addictive

拍数: 32 墙数: 4 级数: Intermediate/Advanced
编舞者: Scott Blevins (USA)
音乐: 4 My People (Edited Version) - Missy Elliot



1&2 Kick right foot forward, lift right knee, step right foot forward

Using contra-body motion for style

3&4 Kick left foot forward, lift left knee, step left foot forward

Using contra-body motion for style

5-6 Step right foot forward, make $\frac{1}{2}$ turn left on right while lifting left knee

7&8& Make $\frac{1}{4}$ turn left and step left foot forward, make $\frac{1}{4}$ left and step right foot back, step left foot next to right, step back on right foot

1&2 Touch left heel forward, step left foot center, making $\frac{1}{4}$ turn left step right foot to right side

3&4 (C bump) bump hips upward and right, bump hips left, bump hips right and downward

&5 Step left foot next to right foot, step right foot across and in front of left foot

6-7 Rock side left on left foot, recover to right foot

8&1 Cross left foot in front of right foot tripling side right

2-3 Rock side right on right foot, recover to left foot

4 Make $\frac{1}{2}$ turn right on left foot and step right foot to right side

&5 Step left foot next to right foot, step right foot across and in front of left foot

6-7 Jazz walk forward left, jazz walk forward right

8 Make $\frac{3}{4}$ turn right on right foot lifting left knee up and pushing hips back

&1-2 Step back on left foot, step right next to left foot, step left foot forward

3&4 Making $\frac{1}{4}$ turn left, triple side right (right, left, right)

5-6 In the style of a "Shorty George" step forward left, step forward right

7&8 Rock forward left, recover onto right foot, step left foot next to right foot

REPEAT
