

So Excited

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Junior Willis (USA)
音乐: So Excited - Janet Jackson



TOUCH OUT, TWIST KNEE OUT-IN, SLIDE, ROCK, RECOVER, WALK, WALK, ROCK RECOVER, HITCH

1&2 Touch right to right, turn right knee out, bring knee in
3&4 Slide right next to left, rock back on right, recover on left
5-6 Step right foot forward, step left foot forward
7&8 Rock forward on right, recover on left, hitch right knee

¼ TURN, COASTER, SIDE ROCK RECOVER, FORWARD ROCK RECOVER, SAILOR

1&2 Turn ¼ right and step right foot back, step left next to right, step right foot forward
&3&4 Rock left foot to side, recover on right, rock left foot forward, recover on right
5&6 Sweep left foot front to back and step left behind right, step right to right, step left to left
&7&8 Step right heel forward, step left heel next to right, step back on right, touch left next to right

STEP OUT, BEND KNEES, STAND UP PUSH ARMS DOWN, BEND KNEES PUSH ARMS UP, RIGHT ARM OUT TO SIDE, LEFT ARM OUT TO SIDE, BOTH ARMS DOWN, STEP FORWARD (TWICE) AND PULL ARMS, HIP ROLLS

1&2 Step left out to left and bend knees, stand up, bend knees
Arms: on count 1, bend arms at elbows with fists to chest. On count &, push arms down. On count 2, push arms back up to chest
3-4 Step feet together, hold
Arms: on count 3, take right arm straight out to right side. On count &, take left arm out to left side. On count 4, pull both arms down to legs
5-6 Step forward on right, step forward on left
Arms: on count 5, stick both arms out in front. On count 6, pull arms back to side of legs
7-8 Roll hips to the left

STEP OUT, SHOULDER RAISES WITH HITCH, STEP BEHIND, UNWIND, SIDE SHUFFLE, HOLD, ROCK, RECOVER

1-2 Step right out to right, hitch left knee
Arms: on count 1, bend both arms at elbows and hands in fists to front and drop right shoulder. On count &, raise right shoulder and drop left shoulder. On count 2, raise left shoulder and drop right shoulder
3-4 Step left behind right, unwind a full turn
5&6 Step left to left, step right next to left, step left to left
7&8 Hold, rock right behind left, recover on left

REPEAT