

Switch

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Switch - Will Smith



STEP TOGETHER, STEP TOGETHER, SLAPS THIGH, HEAD TILT, CLAP PUNCH

- 1-2 Step right to right, step left beside right
Hands: swing and snap right hand in between legs and look to the left, swing and snap hand to right and look right
3-4 Repeat steps 1-2
5& Using hands slap the side of respective thigh twice
6& Tilt head to right, tilt head back to center
7 Clap hands
& Punch left hand forward at the same time bring right hand back near to chest
8 Punch right hand forward at the same time bring left hand back near to chest

SIDE ROCK CROSS, SIDE ROCK CROSS, KICK STEP STEP, ELVIS KNEE POP

- 1&2 Rock right to right, recover weight onto left, cross right over left
3&4 Rock left to left, recover weight onto right, cross left over right
5&6 Kick right forward, step right back to right, step left back to left(feet apart)
7&8 Pop right knee, pop left knee, pop right knee

VAUDEVILLES, CROSS UNWIND, SMALL STEP BACK

- 1&2& Cross right over left, step left slightly back touch right heel forward, step right beside left
3&4& Cross left over right, step right slightly back touch left heel forward, step left beside right
5-6 Cross right over left, unwind ½ turn left
&7 Take small step back on right, take small step back on left
&8 Take small step back on right, take small step back on left
Optional: when doing step &7-&8 put right hand in front in between legs palm facing down, left hand behind palm facing down

KNEE POPS IN, KNEES POPS OUT, HEEL LIFT, HEEL BOUNCE, SAILOR STEP

- 1& Pop right knee in toward left, pop left knee in toward right
2& Pop right knee out, pop left knee out
3&4 Lift heels of the ground, bounce heels twice(&4)
5&6 Rock right back of left, rock left to left, step right to right
&7&8 Rock left back of right, rock right to right, step left to left, touch right reside left

REPEAT
