

Switch A Roo

拍数: 64 墙数: 4 级数: Intermediate/Advanced
编舞者: Lisa-Jo Bowers
音乐: Switch - Will Smith



- 1&2 Step left to left side, step right behind, step left to left side
3-4 Hip bumps, right, left
5&6 Step right to right side, step left behind, step right to right side
7-8 Hip bumps, left, right
- 1&2 Step left, right, left, making $\frac{1}{4}$ turn over left shoulder, (sailor step)
3-4 Rock forward onto right, lean back on left
5&6 Step right, left, right, making $\frac{1}{4}$ turn over right shoulder, (sailor step)
7-8 Rock forward onto left, lean back on right
- 1& Step forward on left, pivot $\frac{1}{2}$ turn over right shoulder
2 Step left to left side
3 Bend left knee, point hands towards left foot
4 Lean on right leg, point left toe out, reach hands up in air towards the right
5& Step left behind right, step right to right side, (making $\frac{1}{4}$ turn over left shoulder)
6 Step left forward
7&8 Step right to right side, step left to left side, (roll knees when stepping)
- 1&2-3 Heel bounces with shoulder shrugs, (make $\frac{1}{4}$ turn right, weight ends on right)
3 Cross left over right, making $\frac{1}{4}$ turn over right shoulder
4 Step right behind left, making $\frac{1}{2}$ turn over right shoulder
5&6 Slap right hand on right hip, slap left hand on left hip, bend knees
7 Roll shoulders and knees in
8 Roll shoulders and knees out
- 1-7 Weave, (right side, left behind, right side, left in front, right side, left behind, right side)
8 Hitch left leg, left hand grabs left heel
- 1& Drop left leg and lunge left, lunge right
2 Bring left to right to meet
3-4 Two small jumps (hops) making $\frac{1}{4}$ turn over left shoulder
5&6 Shuffle right
7&8 Shuffle left
- 1 Step right to right side making $\frac{1}{4}$ turn over left shoulder
2 Step left to left side
3-4 Rotate hips twice
5-6 Bend right knee out, bend left knee out
7-8 Crouch down, stand up
- 1&2 Small steps back, right, left, right, (feet end in line, shoulder width apart)
3-4 Jump $\frac{1}{2}$ turn over left shoulder, jump $\frac{1}{2}$ turn over right shoulder
5-8 Claps and hips, (hips left clap high left / hips right clap low right / hips left clap low left / hips right clap high right)

REPEAT

TAG

- 1-4 Hold (after "heay", call out "heay" in echo)
5-6 Hitch left knee, Point left toe to side
7-8 Hitch left knee making $\frac{1}{4}$ turn over right shoulder, Point left toe to side
9-10 Hitch left knee making $\frac{1}{4}$ turn over right shoulder, Point left toe to side
11-12 Hitch left knee making $\frac{1}{4}$ turn over right shoulder, Point left toe to side

At end of 12th count, weight ends up on left leg

SEQUENCE

- Wall 1 Normal
Wall 2 End of Section 2 restart dance, making $\frac{1}{4}$ turn over Left shoulder
Wall 3 Normal (after restart)
Wall 4 After Section 4 insert Tag, continuing from Section 5 after Tag
Wall 5 End of Section 2 restart dance, making $\frac{1}{4}$ turn over left shoulder
Wall 6 Normal (after restart)

Music should end just after end of Section 8 on Wall 6
