

拍数: 32 墙数: 4 级数: Intermediate/Advanced
 编舞者: Guyton Mundy (USA), Cody Stevens (USA) & Joey Warren (USA)
 音乐: Put Your Hands - Trin-i-tee 5:7



Start the dance 12 counts into the music

1 Kick right to right side
 & Step right beside left
 2 Kick left to left side
 & Hitch left foot
 3 Kick forward left
 & Hitch left foot
 4 Step left forward
 5 Skate right to right, 45 degrees to the right
 6 Skate left to left, 45 degrees to the left
 7&8 Triple-step, right-left-right, ¼ to the right (facing 3:00 wall)

1 Sweep left, making a ½ turn to the right (facing 9:00 wall)
 2 Step down left to left side
 & Step right behind left
 3 Press left to left
 & Left knee pop in
 4 Step left down, making a ¼ turn to the left (facing 6:00 wall)

"SLIDE-N-GLIDE" BOX (FINISHES FACING 6:00 WALL)

5 Slide right foot forward, making ¼ turn left
 6 Slide left back, making ¼ turn left
 7 Slide right foot forward, making ¼ turn left
 8 Slide left foot forward, making ¼ turn left

1& Kick right forward and step down right
 2& Lock left behind right, step right forward
 3& Kick left forward and step down left
 4& Lock right behind left, step left forward
 5& Kick right forward, step down right, turning ¼ to left
 6 Step left back (you are now facing 3:00 wall)
 7-8 Press hands down with body roll down, twice, transferring weight to right

1 Kick left to left side
 & Step left beside right
 2 Kick right to right side
 & Step right beside left
 3 Touch left to left side
 4 Step down left and pivot ¼ to left and roll shoulders into the turn
 5 Scuff right and pivot ¼ to left and continue to roll shoulders (still on left foot)
 & Hitch right foot
 6 Step right to right side (now facing 9:00 wall)
 7 Step left to left side, rolling left shoulder down and into step
 8 Touch right to left (leaving weight on left foot)

REPEAT
