

Verbalized

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Don't Play Nice - Verbalicious



LEFT CROSS/RIGHT SIDE/LEFT CROSS, (&) RIGHT BRUSH, RIGHT SIDE ROCK/RECOVER (¼-LEFT), (&) RIGHT BRUSH (¼-LEFT), RIGHT SIDE ROCK/RECOVER, RIGHT BALL-STOMP

1-2 Cross step left foot over right, step right foot to right side

3& Cross step left foot over right, brush ball of right foot to right side

Optional styling: over counts 1-3, keep upper body facing straight forward - do not turn body to right with the cross step

4-5 Rock ball of right foot to right side, recover weight onto left foot making a ¼ turn left

& Brush ball of right foot forward making a ¼ turn left on left foot

6-7 Rock ball of right foot to right side, recover weight onto left foot

8& Step right foot to place beside left, stomp left foot forward

¼ PIVOT RIGHT, LEFT STOMP/¼ PIVOT RIGHT, LEFT STOMP/½ PIVOT RIGHT, (¼-RIGHT) LEFT SIDE STEP, SIDE TOE POINTS RIGHT & LEFT

1 Pivot a ¼ turn right transferring weight onto right foot

2-3 Stomp left foot forward, pivot a ¼ turn right transferring weight onto right foot

4-5 Stomp left foot forward, pivot a ½ turn right transferring weight onto right foot

6 Make a ¼ turn right on right foot stepping left foot to left side

7&8 Point right toe to right side, step right foot to place beside left, point left toe to left side

Twist upper body to the right preparing for full turn left

FULL TURN LEFT (LEFT, RIGHT), LEFT SIDE TRIPLE (¼-LEFT), FULL SQUARE TURN LEFT (RIGHT, LEFT, RIGHT, LEFT)

1-2 Step left foot to left side a ¼ turn left, making a ¾ turn left step right foot in place beside left

3&4 Step left foot to left side, step right foot to place beside left, step left foot to left side a ¼ turn left

5-6 Step right foot forward a ¼ turn left, step left foot back a ¼ turn left

7-8 Step right foot forward a ¼ turn left, step left foot back a ¼ turn left

Counts 5-8 you should make a square shape on the floor with each of your steps

RIGHT STEP/½ PIVOT LEFT, HIP BUMPS FORWARD (RIGHT, LEFT, RIGHT), HIP BUMPS FORWARD (LEFT, RIGHT, LEFT), RIGHT STEP, (&) ¼ TURN RIGHT, LEFT SIDE/RIGHT TOGETHER

1-2 Step right foot forward, pivot a ½ turn left

3&4 Touch right toe forward and bump hips forward, bump hips back, bump hips forward taking weight right

5&6 Touch left toe forward and bump hips forward, bump hips back, bump hips forward taking weight left

7 Step right foot forward

& Make a ¼ turn right on ball of right foot

8& Step left foot to left side, step right foot to place beside left (slightly back so left foot can cross)

REPEAT

TAG

After 5th wall (you will be facing the 3:00 wall)

1-2 Cross step left foot over right, hold position

3&4 Point right toe to right side, step right foot to place beside left, point left toe to left side

TAG

After 6th wall (you will be facing the back wall)

- 1 Cross step left foot over right
 - 2& Step right foot to right side, step left foot to place beside right (slightly back so right foot can cross)
 - 3 Cross step right foot over left
 - 4& Step left foot to left side, step right foot to place beside left (slightly back so left foot can cross)
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