

拍数: 64 墙数: 4 级数: Intermediate/Advanced hip hop
编舞者: Sarah Massey (UK)
音乐: She's Like The Wind (Radio Version) (feat. Maliq) - The Vibekingz



STEP ½ PIVOT STEP, HITCH BALL STEP, TOUCH BALL KICK, BACK CROSS BACK

1-2-3 Step forward on right, pivot ½ turn left on balls of feet, step forward on right
4&5 Hitch left knee, step down on left, step forward on right
6&7 Touch left toe next to right, step slightly back on left, kick right forward
8&1 Step back on right, cross step left over right, step back on right

SIDE CROSS, POINT HITCH CROSS, POINT ¾ TURN, STEP

2-3 Step left to side & slightly back, cross step right over left
4&5 Point left toe to side, hitch left knee, cross step left over right
6-7 Point right toe to side, make ¾ turn right stepping right next to left
8 Step left to side

ROCK BACK, RIGHT KICK BALL TOUCH, & KICK & POINT FORWARD, LEFT COASTER

1-2 Rock back on right, recover on left
3&4 Kick right forward, step forward on right, touch left toe slightly behind right (bending both knees on touch)
&5&6 Step back on left, kick right forward, step back on right, point left toe forward
7&8 Step back on left, close right next to left, step forward on left (left coaster step)

FORWARD ROCK BACK ¼ TURN SIDE, HEELS UP DOWN HITCH STEP, ROCK BACK POINT

1-2 Rock forward on right, recover weight on left
3&4 Step right back, make ¼ turn left stepping left to side, step right to side
&5&6 Raise both heels, put heels down, hitch right knee, step right down
7&8 Rock back on left, recover weight on right, point left toe to side

& FORWARD ROCK STEP BACK, CROSS BACK CROSS, BACK SIDE CROSS, POINT

&1-2-3 Step down on left, rock forward on right, recover on left, step back right
4&5 Cross step left over right, step back on right, cross step left over right
6&7 Step back on right, step left to side, cross step right over left
8 Point left toe to side

¼ TURN POINT, ½ POINT, CROSS SAMBAS TRAVELING FORWARD TWICE

1-2 Make ¼ turn left stepping left next to right, point right toe to side
3-4 Make ½ turn right stepping right next to left, point left toe to side
5&6 Cross left over right, step right to side, step left in place (left twinkle)
7&8 Cross right over left, step left to side, step right in place (right twinkle)

ROCK BACK SIDE, SAILOR ½ TURN HEEL & HEEL HOOK HEEL, COASTER STEP

1&2 Rock back on left, recover on right, step left to side
3&4 Step right behind left, step left ½ turn right, dig right heel forward
&5 Step down on right, dig left heel forward
&6 Hook left in front of right shin, dig left heel forward
7&8 Step back on left, close right next to left, step forward on left (left coaster step)

CROSS ROCK & CROSS SIDE SLIDE, COASTER STEP, STEP TOGETHER

1-2 Cross rock right over left, recover on left

&3 Step right to side, cross step left over right
4-5 Step right long step to side, slide left toe to right
6&7 Step back on left, close right next to left, step forward on left (left coaster step)
8& Step forward on right, close left next to right
Start with count 1, step forward on right thus becoming a right shuffle!

REPEAT
