

What Dat Bout

拍数: 32 墙数: 0 级数:
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音乐: Yeah! (feat. Lil Jon & Ludacris) - Usher



SCUFF, STEP, STEP, RIGHT ARM OUT, LEFT ARM OUT, ROTATE ARMS, ¼ TURN WITH ARM TWIST, STEP, BUMP (TWICE)

- 1&2 Scuff right forward, step right to right, step left to left
- 3& Extend right arm out to right side, extend left arm out to left side
- 4 Rotate arms at elbows to a ¼ turn angle, bringing right hand up, and left hand down
- 5-6 While making a ¼ turn to the left, take right hand and make a circle around your left hand, in a clock wise motion, place palm of right on the back on the left
- 7-8 Step forward on the right while pressing hands down, press hands again

KICK BALL, STEP BACK, DRAG WITH ½ TURN, DROP, ARM SWITCH, PULL WITH DRAG

- 1&2 Kick left forward, step left next to right, take a large step back on right
- 3 Drag left to right while making a ½ turn to the right, ending with weight on the left
- 4 Step right out to right with a bent knee (try to fall into this position)
- 5&6 With arms at your side bend right at elbow and bring forward with fist down, bend left at elbow and bring forward with fist down, bring right arm across in front of stomach
- &7 Bring left arm across in front of stomach on top of right, take right arm out to front while flipping arm so that the fist is up
- 8 Pull right hand back to side, while sliding right foot to left foot

SAILOR, HEEL POPS WITH ¼ TURN, TOUCH BACK, ½ TURN, STEP, HEEL POPS WITH ½ TURN, STEP TOGETHER

- 1&2 Step right behind left, step together with the left, step right to right side
- &3 Bring left heel to the right, bring right heel to the right while making a ¼ turn to the left
- 4-5 Touch left foot back, make a ½ turn to the left stepping on left
- 6 Step forward on the right
- &7 Bring left heel to the right, bring right heel to the right, while making a ½ turn to the left
- 8 Step together with the left

KNEE POPS, HITCH, STEP, TOUCH, STEP OUT WITH ARM, BODY ROLL ¼ TURN DRAG

- 1&2 With bent knees, take knees out, in, out
- 3-4 Stand tall hitching right knee up, step forward on the right
- 5-6 Touch left next to right, step left to left side, while extending left arm out to left side
- 7-8 While making a ¼ turn to the left start a body roll from the finger tips down to waist, ending with the weight on the left foot, dragging right foot into left

REPEAT

TAG

After walls 3, 6, and 9

HEEL FORWARD WITH HAND SLAP, JUMP OUT WITH HANDS FRONT, HITCH WITH HAND DROP, POINT WITH TOUCH BEHIND, FULL TURN, DROP TO RIGHT, KNEE SWIVELS, DRAG

- 1-2 Touch right heel forward while slapping right fist underneath left hand (hands are extended out in front), slightly jump feet out to either side shoulder with apart while bringing hands in front of chest with elbows out (hands will overlap one another with the left on top)
- &3 Keeping hands together drop the right elbow down while hitching right knee up beside left leg, touch right behind left while pointing both hands down to the left
- 4 Unwind a full turn to the right, ending with weight on the left

- 5 Step right to right with a bent knee
- 6& Bring right knee in, bring right knee out
- 7-8 Drag right to left, step together with right

JUMP WITH PUNCH, GRAB, PULL ACROSS, STEP TOGETHER, HAND UP, HAND DOWN IN FRONT WITH LEFT TOUCH, HAND ON HIP, BRING HAND THROUGH, BRING HAND DOWN, STEP TOGETHER WITH HANDS AT SIDE

- 1-2 Slightly jump out with feet shoulder width apart while punching right down and left arm up, (left arm should go no higher than the shoulder), act like you are going to grab your right knee with your left hand
 - &3 Bring left arm out to left side while bringing right foot across in front of left, step together while standing straight up
 - 4 Bring right hand up with closed fist to the outside of the right eye brow
 - 5 Take right hand and bring to center of stomach with hand open palm facing to the left while touching left foot to left side while bending right knee
 - 6 Take right hand and flip it so that the palm is facing out to the right and place it on your right hip (elbow should be out to the side)
 - 7 Take your left hand and put it through the space between your right side and the inside of your right arm
 - & Take your right arm and bring it up until you get to the top of your left arm and then put it back down between your body and your left arm
 - 8 Bring left foot to the right and place left arm down
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