

What It Is?

拍数: 32 墙数: 4 级数:
编舞者: Scott Blevins (USA)
音乐: Tilt Ya Head Back (feat. Christina Aguilera) - Nelly



- 1-2 Step left foot to left, crossing right foot behind left point right toe to left while twisting upper body left and looking to left
- 3&4-5 Kick right foot to right, step right foot to center, step forward on a bent left, step forward on a bent right (Shorty George)
- 6-7-8 Make a $\frac{1}{4}$ turn right, pointing left toe to left side (facing 3:00), make a $\frac{1}{2}$ turn right stepping left foot next to right foot (facing 9:00), point right toe forward while leaning back slightly
- 1 Step back on right foot
- 2&3 Left coaster step
- On count 3, twist upper body slightly to left and allow left shoulder to trail through the end of count 4, giving a slow motion effect from the waist up**
- 4 Step right foot forward bringing body over hips and facing forward
- 5&6 Make $\frac{1}{4}$ turn right stepping on ball of left foot to left, step right foot across and in front of left foot (facing 12:00), point left to left side
- 7&8 Step left foot across and in front of right, step right foot a small step to right, make a $\frac{1}{4}$ turn left on right foot while bumping right hip and lifting left heel up (facing 9:00)
- 1&2 Step forward on left foot, making a $\frac{1}{4}$ turn left bring right foot to left calf (facing 6:00), point right toe to right side
- 3-4 Roll body back and to the right taking weight on right foot or bump hips twice to right taking weight on right
- &5 Step left foot next to right, step right foot across and in front of left foot
- 6-7-8 On a diagonal left press forward on ball of left foot while pushing hips forward, push hips back onto right foot, step forward on a diagonal left with left foot (facing 5:00)
- 1-2 Walk forward on the diagonal right, left
- 3&4 Press right foot across and in front of left, recover weight to left foot, kick right foot forward
- &5 Step back on right foot (still on the angle), step left foot back locking it across and in front of right foot
- 6 Unwind a bit more than $\frac{3}{4}$ turn to the right to face 3:00 (weight on left)
- 7&8 Step back on right foot, step back and slightly to the left on left foot, step right foot across and in front of left

REPEAT