

Whipped

拍数: 48 墙数: 4 级数:
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音乐: I Like It, I Love It - Tim McGraw



ROLLING GRAPEVINE RIGHT, STEP, CROSS

- 1 Step right foot to right side turning $\frac{1}{4}$ right
- 2 Turn $\frac{1}{4}$ right on right foot and place weight on left foot
- 3 Pivot $\frac{1}{2}$ right on left foot and place weight on right foot (completing full turn)
- & Step left foot slightly to left side
- 4 Cross right foot in front of left foot

STEP, SLIDE, KICK-BALL-CHANGE

- 5 Step left foot a long step to left side
- 6 Slide right foot to left foot leaving weight on left foot
- 7&8 Kick right foot across left leg, quickly step down on right, step left beside right

CROSS, UNWIND $\frac{1}{2}$, KICK, STEP AND CLAP

- 9 Cross right foot over left foot
- 10 Unwind $\frac{1}{2}$ left, with weight ending on right foot
- 11 Kick left foot across right shin
- 12 Step left foot slightly apart from right foot and clap

ELVIS LEGS, HIP GRINDS

- 13 Bend right knee in towards left knee
- 14 Straighten right knee and bend left knee in towards right knee.
- 15-16 Rotate hips to the left (weight ends on right foot)

KICK-BALL-CHANGE, KNEE ROLLS WITH $\frac{1}{4}$ TURN

- 17&18 Kick left foot forward, quickly step on left foot, step right foot beside left foot
- 19-20 While turning $\frac{1}{4}$ left, roll left knee to the left and roll right knee to the left with weight ending on right foot

KICK-BALL-CHANGE, KNEE ROLLS WITH $\frac{1}{4}$ TURN

- 21&22 Kick left foot forward, quickly step on left foot, step right foot beside left foot
- 23-24 While turning $\frac{1}{4}$ left, roll left knee to the left and roll right knee to the left with weight ending on left foot

FULL TURN WALK AROUND, STEP

- 25 Step right foot to right side turning $\frac{1}{4}$ right
- 26 Cross left foot over right foot turning $\frac{1}{4}$ right
- 27 Pivot $\frac{1}{2}$ right on left foot ending with weight on right
- 28 Step left foot forward

KICK, BACK, COASTER STEP

- 29 Kick right foot forward
- 30 Step back on right foot
- 31&32 Step back on left foot, step back on right foot, step forward on left foot.

STEP RIGHT, TOGETHER, HIP SHAKES

- 33 Step right foot to right side
- 34 Step left foot next to right

- &35 Shake hips left and right
&36 Shake hips left and right ending with weight on right foot

1 ¼ ROLLING GRAPEVINE LEFT, POINT

- 37 Step left foot to left side turning ¼ left
38 Pivot ½ left on left foot and place weight on right foot
39 Pivot ½ left on right foot and place weight on left foot
40 Point right toe to right side

POINT, HOLD, POINT, HOLD

- &41 Return right foot next to left foot and point left toe to left side
42 Hold
&43 Return left foot next to right foot and point right toe to right side
44 Hold

BODY ROLL, HIP BUMPS

- 45-46 Roll shoulders back and left in 2 counts (body roll type movement)
47 Bump hips to right
48 Bump hips to right leaving weight on left foot

REPEAT
