

Yuck Mouth Junction

拍数: 48 墙数: 2 级数: Beginner hip hop
编舞者: Mary Lindsey, Napoleon Sims & Brian James
音乐: I Do (808 Remix) - Blaque



PRESS, RECOVER, ¼ TURN LEFT, HOLD, HIP ROLLS

1-2 Press forward on left toe, recover weight back onto right
3-4 Turn ¼ left on ball of right stepping left to left side, hold
5-6 Roll hips around from left to right
7-8 Roll hips back around from right to left

GRAPEVINE RIGHT, HITCH, GRAPEVINE LEFT ¼ LEFT, HITCH

1-2 Step right to side, cross step left behind right
3-4 Step right to right side, hitch up left knee
5-6 Step left to side, cross step right behind left
7-8 Turn ¼ left stepping forward on left, hitch up right knee

BOUNCE & LEAN (CHILL) TO RIGHT AND LEFT

1-4 Step right foot to right side as you bounce & lean 3 counts to right, hitch left knee
5-8 Step left foot to left side as you bounce & lean 3 counts to left, hitch right knee

RIGHT, LEFT PRESS STEPS, CHUGS ¼ LEFT

1-2 Press step right forward, bring right back to center
3-4 Press step left forward, bring left back to center
5-8 Chugs right foot around into a ¼ turn left, end weight on right (4 chugs)

LEFT, RIGHT PRESS STEPS, CHUGS ¼ RIGHT

1-2 Press step left forward, bring left back to center
3-4 Press step right forward, bring right back to center
5-8 Chugs left foot around into a ¼ turn right end weight on left (4 chugs)

RIGHT CROSS HITCH, RECOVER, HOLD, LEFT CROSS HITCH 4X'S (IE: VINYL SCRATCHING)

&1 Hitch right foot up and across left shin, bring back to center
2-4 Hold 3 counts
&5&6 Hitch left foot up and across right shin, touch left back to center, repeat
&7&8 Hitch left foot up and across right shin, touch left back to center, repeat

Alternative steps:

&5&6&7&8 Touch left toe forward and move left heel from right to left 4x (like putting out a cigarette)

REPEAT