

K's Comin At Ya

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Who's Been Sleeping in My Bed - Glenn Frey



HEEL AND TOE, HEEL AND TOE, SLIDE RIGHT FORWARD, SWEEP ¼ TURN RIGHT, STEP, TOUCH

- 1&2 Touch right heel forward, step right beside left, touch left toe back
3&4 Touch left heel forward, step left beside right, touch right toe back
5-6 Slide right toe beside left, sweep right in slight half circle right making a ¼ turn right and touch right to right (weight is left)
7-8 Step weight onto right, touch left to left

CROSS, SIDE TOE SWITCHES, ¼ PIVOT LEFT, HIP BUMPS, SQUAT

- 1 Step left in front of right
2&3 Touch right toe to right, step right beside left, touch left toe to left (weight is right)
4 Pivot ¼ turn left keeping weight on right (left toe is slightly forward)
5&6 Bump hips forward left-back right-forward left (weight is back right)
7-8 With attitude! Keeping your back and hips in line (straight) bend your knees (go down), straighten knees (stand up) putting weight forward on the left as you stand up

JAZZ KICK, COASTER STEP, WALK ½ TURN RIGHT, COASTER STEP

- 1-2 Cross right slightly in front of left, kick left on a slight angle forward-left
3&4 Step left back, step right beside left, replace left forward
5-6 Step right forward, pivot ½ turn right stepping back on left
7&8 Step right back, step left beside right, replace left forward

GRAPEVINE WITH A TWIST, ¼ PIVOT LEFT, GRAPEVINE WITH A TWIST ¼ PIVOT RIGHT

Grapevines with a twist- may be done as a straight vine

- 1 With slight twisting motion left - step left to left turning left toe out to left
2 With slight twisting motion right - step right behind left heel
3-4 Repeat count 1-one time turning ¼ left, touch right beside left
5 With slight twisting motion right - step right to right
6 With slight twisting motion left - step left behind right heel
7-8 Repeat count 5 - one time turning ¼ right, step left beside right

FORWARD STEPS WITH BODY ROLLS

You will naturally turn to an angle as you step forward & roll. Hip bump in place of a body roll or two bumps as you step

- 1-2 Step right forward, roll right as the left foot starts moving forward
3-4 Step left forward, roll left as the right foot starts moving forward
5-8 Repeat counts 1-4 one-time (weight is left)
Option
1-4 Step forward bumping hips right twice, step left forward bumping hips left twice
5-8 Skater steps right-left-right-left

HEEL SWITCHES, ¼ PIVOTS WITH BODY/KNEE ROLL

¼ turns may be done with the knee roll only

- 1&2 Touch right heel forward, step right beside left, touch left forward
&3 Step left beside right, touch right toe beside left
4 Execute right body & knee roll as you pivot ¼ right stepping weight right
5-8 you will be repeating counts 1-4 exactly opposite
5&6 Touch left heel forward, step left beside right, touch right forward

&7 Step right beside left, touch left toe beside right

8 Execute left body & knee roll as you pivot $\frac{1}{4}$ left stepping weight left

REPEAT
