

Hip Hop Flava

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jordan Lloyd (UK)
音乐: Lose Control - Kevin Federline



RIGHT KICK & SLIDE, UNWIND ½ TURN LEFT BALL STEP, OUT OUT, KNEE POPS WITH HITCH

1&2 Kick right foot forward, step right in place, slide left foot back
3&4 Unwind ½ turn left, step right next to left, step left forward
5-6 Step right foot out to right, step left foot out to left
7&8 Pop both knees in, pop both knees out weighting left foot, hitch right knee

STEP BACK ¼ TURN LEFT, LEFT COASTER STEP, STEP CROSS, ¼ TURN LEFT TWICE, STEP TOGETHER

1-2 Make ¼ turn left, step back on right
3&4 Step back left, step right next to left, step forward left
5-6 Step right to right side, cross left over right
7&8 Make ¼ turn left stepping back on right, make ¼ turn left stepping left to left side, step right next to left

Angle your body towards the left diagonal

Alternative:

1-2 Body roll ¼ turn
5-6 Slide & glide

POP RIGHT, POP LEFT STRAIGHTEN TO WALL, LEFT ROCK & CROSS, & CROSS, MAKE ¼ TURN RIGHT, LEFT COASTER STEP

1-2 Pop right knee, pop left knee straightening up onto wall
3&4 Rock out to left with left foot, rock onto right foot, cross left over right
&5-6 Step right to right side, cross left over right, step right to right making ¼ turn right
7&8 Step back left, step right next to left, step forward left

SCUFF RIGHT HITCH RIGHT ¼ TURN RIGHT, HOLD, & CROSS, SIDE TOGETHER FORWARD, WALK WALK

1&2 Scuff right foot forward, hitch right knee, make ¼ turn right stepping right to right side
3&4 Hold, step left next to right, cross right over left
5&6 Step left to left side, step right next to left, step forward left
7-8 Walk forward right, left

REPEAT

TAG

At end of 4th wall facing 12:00

1-4 Step forward right then hold, step forward left then hold

Then start the dance again

TAG

During 6th wall dance up to and including count 26 then

1-2 Sweep your left foot around making ½ turn

Then restart the dance again