

Hip-Hop Hitchin'

拍数: 64 墙数: 2 级数: Intermediate hip hop
编舞者: Kash Bane (UK)
音乐: Deja Vu - Beyonce And Jay-Z



HEEL DIGS, ANGLED CROSS, HITCH STEP, JUMPING JACK, HITCH TURN, 1 ¼ TURN WITH POINT

- 1&2 Dig right heel forward and in front of you, dig right heel out to right diagonal, cross right foot over left while angling body to left diagonal
- &3 Hitch left knee and straighten up to front wall, step left foot next to right
- &4 Jump feet shoulder width apart, jump feet together
- &5-6 Jump feet shoulder width apart again, on ball of left foot make a ½ turn over right shoulder by hitching right knee, touch right foot down in front of you (6:00)
- 7&8 Do a 1 ¼ triple step turn over left shoulder and leading with right foot, finish the turn pointing right toe to right side (3:00)

HITCH COMBO, STEP, TURNING HITCH, HEEL JACK, REVERSE COASTER, STEP

- 1&2 Hitch right knee across left, open out hitch so right knee faces out to right side, cross right knee in front of left again
- &3 Cross step right foot over left, make a ¼ turn right on ball of right foot while hitching left knee (6:00)
- &4&5 Step back on left foot, dig right heel forward, step right foot back to center, step left foot next to right
- 6&7 Step forward on right, step left next to right, step back on right
- 8 Step left next to right

QUICK OUT STEPS AND CROSS, TURNING KICK AND HITCH, COASTER STEP, SWIVELS

- &1-2 Step back and to right diagonal on right, step back and to left diagonal on left, cross right over left
- 3&4 Make a ¼ turn right on ball of right foot and kick left forward, step down on left foot, hitch right knee
- 5&6 Step back on right, step left next to right, step forward on right
- 7-8 Step forward on left foot while swiveling both left and right heel to left, return to center

SWIVEL AND HITCH, FORWARD ROCK, HEEL JACK, ¾ TURN

- 1&2 Make a ¼ turn right by swiveling feet left, right, left, on last swivel hitch right knee
- 3-4 Rock forward on right foot and recover onto left foot
- 5&6 Cross right foot over left, step back on left foot, dig right heel forward
- &7-8 Return right foot to center, make a ¼ turn right stepping left foot to left side, make a further ½ turn over right shoulder by stepping right foot to right side

SLIDE, FULL TURN, KNEE CHUGS

- 1-2 Take a large step to left and slide right to left
- 3-4 Cross right foot over left and fully unwind
- 5-6 Make a ¼ turn left on ball of left foot while rocking right foot out to right side and pointing right knee out, recover onto left and return knee to center
- 7&8 Make a ¼ turn left on ball of left foot while rocking right foot out to right side and pointing right knee out, recover onto left and return knee to center, make a ¼ turn left on ball of left foot while rocking right foot out to right side and pointing right knee out (basically repeat steps 5-6 but double time and do not recover after second chug)

LEFT SIDE ROCK, LEFT SAILOR, BALL STEP, KICK, HITCH TURN

- 1-2 Rock left foot to left side, recover onto right
- 3&4 Step left foot behind right, step right to right side, step left to left side

- &5 Step right in place, step left in place
- 6 Kick right foot forward
- 7-8 Swing right foot back behind body making a ½ turn over right shoulder, hitch right knee

SLIDE, FULL TURN, KNEE CHUGS

- 1-2 Take a large step to the right and slide left to right
- 3-4 Cross left foot over right and fully unwind
- 5-6 Make a ¼ turn right on ball of right foot while rocking left foot out to left side and pointing left knee out, recover onto right and return knee to center
- 7&8 Make a ¼ turn right on ball of right foot while rocking left foot out to left side and pointing left knee out, recover onto right and return knee to center, make a ¼ turn right on ball of right foot while rocking left foot out to left side and pointing left knee out (basically repeat steps 5-6 but double time and do not recover after second chug)

RIGHT SIDE ROCK, RIGHT SAILOR, BALL STEP, KICK, SWEEP TURN

- 1-2 Rock right foot to right side, recover onto left
- 3&4 Step right foot behind left, step left to left side, step right to right side
- &5 Step left in place, step right in place
- 6 Kick left foot forward
- 7-8 Swing left foot back behind body making a ½ turn over left shoulder, step down on left foot

REPEAT

RESTART

Restart after count 48 on wall 1

Restart after count 16 on walls 3, 6, and 8
