Hit 'em Up Style



拍数: 64 墙数: 4 级数: Intermediate

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音乐: Hit 'Em up Style (Oops!) - Blu Cantrell



ROCK, STEP, TOUCH, KICK, CROSS, STEP, STEP

&1&2 Rock back on right foot behind left foot, recover weight to left foot, touch right toe next to left

foot, kick right foot out toward right front corner

3&4 Cross right foot over left foot, step back on left foot, step slightly to right on right foot

ROCK, STEP, TOUCH, KICK, CROSS, STEP, STEP

&5&6 Rock back on left foot behind right foot, recover weight to right foot, touch left toe next to right

foot, kick left foot out toward left front corner

7&8 Cross left foot over right foot, step back on right foot, step slightly to left on left foot

SKATE RIGHT, SKATE LEFT, SAILOR STEP

9-10 Swing right foot in toward left foot and then out to right front corner and step on right foot.

swing left foot toward right foot and then out to left front corner and step on left foot

11&12 Rock behind left foot on right foot, recover weight to left foot, step to right on right foot

HIP ROLL, HIP ROLL/TURN, HIP ROLL, HIP ROLL/TURN

13&14& Roll hips to the left as you shift weight to left foot then back to right foot, roll hips to the left as

you shift weight to left foot then back to right foot turning 1/8 wall to left

15&16& Roll hips to the left as you shift weight to left foot then back to right foot, roll hips to the left as

you shift weight to left foot then back to right foot turning 1/8 wall to left

STEP, TOUCH, CROSS-BALL-CROSS

17-18 Step forward on left foot, touch right toe out to right side

19&20 Cross right foot over left foot, step to left on ball of left foot, cross right foot over left foot

STEP, CROSS BEHIND, TURN, COASTER STEP

&21-22 Step left foot to left, cross right foot behind left foot, turn ½ wall over right shoulder (weight on

right foot)

Step back on left foot, step right foot back next to left foot, step forward on left foot

BALL-STEP, LOCK STEP, KICK, ROCK-STEP

&25-26 Step on ball of right foot next to left foot, step forward on left foot, step right foot in a locking

position behind left foot

27-28& Kick left foot forward, rock to left on left foot, recover weight to right foot

TOE TOUCH, CAMEL WALK FORWARD (LEFT, RIGHT, LEFT)

29-30 Touch left toe at home position, step forward on left foot (camel step style)

31-32 Step forward on right foot (camel step style), step forward on left foot (camel step style)

STEP, ROCK, STEP, KICK, STEP, TOE TOUCH

33-34& Step to right on right foot, rock behind right foot on left foot, recover weight to left foot

35&36 Kick left foot forward, step left foot to left, touch right toe next to left foot

STEP, TOE TOUCH, SHUFFLE STEP (LEFT-RIGHT-LEFT)

37-38 Step to right on right foot, touch left toe next to right foot

39&40 Shuffle to left (left-right-left)

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP

41&42& Kick right foot forward, step to right on right foot, rock behind right foot on left foot, recover

weight to right foot

43&44& Kick left foot forward, step to left on left foot, rock behind left foot on right foot, recover weight

to left foot

STEP, STEP TOGETHER, STEP, STEP TOGETHER, STEP

Step forward on right foot (toward right front corner), bring left foot up next to right foot

Step forward on right foot (toward right front corner), bring left foot up next to right foot, step

forward on right foot (toward right front corner)

STEP, ROCK, STEP, KICK, STEP, TOE TOUCH

Step to left on left foot, rock behind left foot on right foot, recover weight to left foot 51&52

Step to left on left foot, rock behind left foot on right foot, recover weight to left foot 51&52

Kick right foot forward, step right foot to right, touch left toe next to right foot

STEP, TOE TOUCH, SHUFFLE STEP (RIGHT-LEFT-RIGHT)

Step to left on left foot, touch right toe next to left foot

55&56 Shuffle to right (right-left-right)

KICK, STEP, ROCK, STEP, KICK, STEP, ROCK, STEP

57&58& Kick left foot forward, step to left on left foot, rock behind left foot on right foot, recover weight

to left foot

59&60& Kick right foot forward, step to right on right foot, rock behind right foot on left foot, recover

weight to right foot

STEP, STEP TOGETHER, STEP, STEP TOGETHER, STEP

Step forward on left foot (toward left front corner), bring right foot up next to left foot

Step forward on left foot (toward left front corner), bring right foot up next to left foot, step

forward on left foot (toward left front corner)

REPEAT

TAG

On wall 2, dance only counts 1-32 followed by this tag

1-2 Step right foot next to left foot slightly apart as you turn right heel in toward left foot, turn both

heels to right as you turn 1/4 wall to left (weight on right foot)

3-4 Step left foot back next to right foot, step right foot slightly to right

5-6 Turn right heel in toward left foot, turn both heels to right as you turn ½ wall to left (weight on

right foot)

7-8 Step left foot back next to right foot, touch right toe next to left foot