

Hit Me 2

拍数: 0 墙数: 1 级数: Intermediate/Advanced
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音乐: Baby One More Time - Britney Spears



Sequence: A B, A B, A B, B B

PART A

STOMP, HOLD, REVERSED BODY ROLL

- 1-2 Stomp right forward to right diagonal, hold for (1) count
3-4 Do a reversed body roll leading from head to toe backwards ending with weight on left leg
5&6 Step right to right side bumping hips right, left, right
&7&8 Continue bumping hips left, right, left, right

While bumping hips, slightly lean body over right leg

SIDE SHUFFLE, CROSS SHUFFLE, ROCK STEPS

- 9&10 Step left to left side, step right beside left, step left to left side
11&12 Cross right over left, step left to left side, cross right over left
13&14 Step left to left side bumping hips left, right, left
&15&16 Continue bumping hips right, left, right, left

While bumping hips, slightly lean body over left leg

PADDLE STEPS, KICK BALL TOUCH, HEEL BOUNCES

- &17 Hitch/raise right knee, touch right toe to right side
&18-20 Repeat counts (&17) another 3 times while completing 1 & ½ turns left
21&22 Kick right forward, cross right over left, touch left toe back
23&24 Bounce on both heels while turning ½ a turn left

CROSS ROCK TURN ¼ LEFT, SAILOR STEP, CROSS ROCK TURN ¼ LEFT SAILOR STEP

- 25& Cross left over right, rock weight back onto left foot
26 Step left beside right while turning a ¼ turn left
27&28 Cross right behind left, step left to left side, step right to right side
29-32 Repeat counts (25-28) ending with a touch

KICK BALL POINTS, KICK CROSS ROCK STEPS

- 33&34 Kick right forward, step right beside left, point left to left side
35& Kick left forward, step left beside right while turning a ¼ turn right
36 Point right to right side
37&38& Kick right forward, cross right over left, step left back step right forward
39&40& Kick left forward, cross left over right, step right back step left forward
41-48& Repeat counts (33-40&)

PART B

STOMP WITH HEAD, HOLD, HEEL BOUNCES, CROSS OUT-OUT, CROSS OUT-OUT

- 1-2 Stomp right foot back also make a sharp head turn right, hold for 1 count
3&4 Bounce on both heels while turning ½ a turn right
5&6 Cross right over left, step left to left side, step right to right side
7&8 Cross left over right, step right to right side, step left to left side

SIDE TOUCHES, SYNCOPATED VINE

- 9-10 Step right to right side, touch left beside right while clicking fingers at head height
11-12 Step left to left side, touch right beside left while clicking fingers at head height

- &13 Step right beside left, cross left over right
- &14 Step right beside left, cross left behind right
- &15 Step right beside left, cross left over right
- &16 Stomp right beside left, stomp left beside right (weight ends on right)

ROLLING VINE, HIP ROLLS, STOMP, REVERSED BODY ROLL

- 17-20 Roll 1 & ¼ turn left stepping left, right, left, right
- 21-24 Roll hips twice to the left while turning a ¼ turn left

You should end facing original wall at 12:00

"GIVE ME A SIGN"

HIPS & JUMP, HIPS & JUMP

- 25 Bump hips right with feet/knees together
- & Bump hips left while bending body down slightly with feet/knees together
- 26 Bump hips right while staying slightly down with feet/knees together
- & Jump to your right side while straightening body with feet/knees together
- 27&28& Repeat counts (1&2&)

During the previous 4 counts keep your back straight and bring both arms up and in line with your head

"HIT ME BABY ONE MORE TIME"

CROSS KICKS, STOMP, BODY ROLL

- 29&30& Kick right over left, step right beside left, kick left over right, step left beside right
- 31 Sweep the inside of your right toe along the floor: left
- & Sweep the outside of your right toe along the floor: right
- 32 Sweep the inside of your right toe along the floor: left

REPEAT
