

Hit Me Up

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Kerly Luige (EST)
音乐: Hit Me Up (Radio Edit) - Gia Farrell



When the lyrics start, wait 16 counts and then start dancing

SIDE-ROCK ¼ TO LEFT-TOGETHER, SIDE-ROCK-TOGETHER, 2X STEP-KICK-BACK-TOGETHER

1&2 Rock right to right side facing ¼ to left, recover weight on left facing the front wall again, step together with right
3&4 Rock left to left side, recover weight on right, step together with left
5&6& Step right forward, kick left forward, step left back, step together with right
7&8& Step left forward, kick right forward, step right back, step together with left

CHARLESTON-STEP, SIDE-ROCK-BOX-STEP ¼ TO RIGHT WITH CHEST PRESS

1-2 Step right forward, touch left forward
3-4 Step left back, touch right back
5& Rock right to right side, recover weight on left foot
6& Step right across left, step left back making ¼ turn to right
7&8 Step right to right side, press your chest forth and shoulders back twice

STEP-LOCK-STEP-LOCK-STEP-LOCK-STEP-LOCK, 2X BODY-ROLL WITH CLAP

1&2& Step right forward, lock left behind right, step right forward, lock left behind right
3&4& Step right forward, lock left behind right, step right forward, lock left behind right

During the step-locks keep your knees slightly bent

5&6 Lean upper body to right side bending right knee, recover to upright & clap
7&8 Lean upper body to left side bending left knee, recover to up left & clap

CROSS-TOUCH-BEHIND-TOUCH, CROSS-SHUFFLE-STEP, PIVOT-TURN ½, 2X KICK & STEP

1& Step right across left, touch left to left side
2& Step left behind right, touch right to right side
3&4& Step right across left, step left to left side, step right across left, step left to left side
5-6 Step right forward, make a ½ turn to left
7& Kick right forward, step right forward
8& Kick left forward, step left forward

REPEAT