

Help Me

拍数: 32 墙数: 1 级数: Intermediate
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音乐: All for You - Janet Jackson



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- 1&2 Kick right & step forward onto left
3-4 Turn $\frac{1}{4}$ turn over the right shoulder
5-8 Moon walks back or walk back right, left, right, left
- 9 Change weight
10 Turn $\frac{1}{4}$ turn over the left shoulder changing the weight at the same time
11-12 Step on the ball of the left foot turn $\frac{1}{4}$ turn over the left shoulder
13 Change the weight
14 Kick left on a diagonal to the left
15 Cross the left foot over the right
16 Touch right toe behind
- 17 Put weight on ball of right foot
18& Turn over the left shoulder step on left foot
19 Step forward on the right foot
20&21 Step forward left, bring right to left step left forward
22 Step right out to right side
23 Step out on the left foot
24 Hold
- 25-27 Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side
28-30 Repeat steps 25-27 using other hand
31 Cross arms above head
32 Bring arms down (at the same time change weight to left so you ready to kick on the right)

REPEAT
