

He Said, She Said

拍数: 32 墙数: 4 级数: Improver hip hop
编舞者: Signature X
音乐: He Said She Said - Ashley Tisdale



SLIDE RIGHT, MARCH RIGHT LEFT, SLIDE LEFT, MARCH LEFT RIGHT

1-2 Slide right to right side, close left next to right
3-4 Step right on the spot, step left on the spot
5-6 Slide left to right side, close right next to right
7-8 Repeat 3-4

KNEE LIFT BACK X4, CLOSE BOTH FEET, OPEN BOTH FEET, SNAKE ROLL RIGHT LEFT

1-2 Lift right knee up to step right backwards, lift left knee up to step left backwards
3-4 Repeat 1-2
5-6 Close both feet together to standing position (clap both hands to the air, above the head),
open both feet to shoulder width standing position
7-8 Snake roll to the right, snake roll to the left

STEP RIGHT, STEP LEFT ½ TURN RIGHT, HIP LEFT, HITCH RIGHT, STEP RIGHT, STEP LEFT ¼ TURN RIGHT, BODY PUMPS TWICE

1-2 Step right on the spot, step left ½ turn right to left side
3-4 Bump left hip up, hitch right foot up next to left
5-6 Step right to right side, step left ¼ turn right to left side
7-8 Execute body pumps twice

STEP OUT, OUT, STEP IN, IN, FORWARD, BACK

1-2 Step right diagonally to right, step left diagonally to left
3-4 Step right backwards, close left next to right
5-6 Step right forward, close left next to right
7-8 Step right backwards, close left next to right

REPEAT

TAG

Beginning of wall 4 and beginning of wall 9

WALK FORWARD X4

1-4 Step right, left, right, left (forward)

TAG

Beginning of wall 7 and beginning of wall 10

WALK FORWARD X4, LOCK, UNWIND FULL TURN, OPEN BOTH FEET

1-4 Step right, left, right, left (forward)
5-6 Lock ball of right behind left, unwind full turn right to 12:00
7-8 Open both feet to shoulder width standing position, hold