

Flava

拍数: 48 墙数: 4 级数: Intermediate/Advanced
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音乐: What's Your Flava? - Craig David



ROCK, 2 STEPS BACK, UNWIND, STEP, SLIDE, SHOULDER BUMPS

1&2 Cross right rock over left while raising left, replace to left, step right back
3-4 Step left behind right, unwind a full turn to left
5-6 Left big step forward, slide right and touch next to left
7&8 Alternate should bumps left, right, left

KICKS FORWARD & BACK, HOPS, STEP, ¼ TURN, STEP, ½ TURN

1-2 Right kick forward, right kick back
3&4 Right kick forward, right kick back with hop back on left, left hop back and right touch to left
5-6 Step right to right, make ¼ turn left
7-8 Step left back, make ½ turn left

LEG LIFT, CROSS, LIFT, HITCH, SIDE STEP ¼ TURN, 2 SAILORS

1-2 Lift right leg up to right diagonal, hitch right over left
3&4 Replace right leg to right diagonal, lift knee up, step right down to right with ¼ turn right

Arm movement: follow your leg movement with right arm like a puppeteer for counts 1-4

5&6 Left step behind right, step right to right, step left next to right
7&8 Step right behind left, step left to left, step right next to left

SIDE STEP, ¼ TURN, WALKS, TOUCH, BACK STEP, COASTER

1-2 Step right to right, make ¼ turn right (slide right arm across body left to right hip on count 1, let go 2)
3-4 Walk forward left, right
5-6 Touch left forward, step left back
7&8 Step right back, step left next to right, step right forward

STEP & BOUNCES (TWICE), ½ TURN, HITCH, SLIDE, SIDE STEPS

1&2 Step left forward, raise and lower both heels
3&4 Step right forward, raise and lower both heels
5-6 Pivot ½ turn to left hitching left over right, step big left to left sliding right next to left
7&8 Step right behind left, step left to left, step right behind left

Alternate shoulders right, left, right on 7&8

¾ UNWIND, KICK, STEP, TOUCH, STEP, ¼ TURN, STEP, ½ TURN

1-2 Unwind ¾ turn to right for 2 counts
3&4 Left kick forward, step left back, touch right next to left
5-6 Step right to right, make ¼ turn left
7-8 Step left back, make ½ turn left

REPEAT