

Fever

拍数: 0 墙数: 4 级数: Advanced
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音乐: Fever - Kylie Minogue



Sequence: AAB, Bridge 1, AABB, Bridge 2, C, ABB, Bridge 3

SECTION A

RIGHT FORWARD, LEFT FORWARD MAKING FULL SPIRAL TURN TO RIGHT, STEP FORWARD RIGHT-LEFT, RIGHT FORWARD MAKING FULL SPIRAL TURN TO LEFT, STEP LEFT-RIGHT, HOLD

- 1-2 Step right foot forward, step left foot forward making a full spiral turn to the right
- 3-4 Step right foot forward, step left foot forward
- 5-6 Step right foot forward making a full spiral turn to the left, step left foot to left
- 7-8 Step right foot to right, hold on count eight

ARM MOTIONS, LOOK RIGHT-LEFT, ROLL SHOULDERS BACK // BEND KNEE RIGHT-LEFT-RIGHT-STRAIGHTEN

- 1-2 Fold fingers into fist and cross wrists right over left; in front and at eye level/bend right knee in (1), uncross wrists and extend fists to frame each side of face/bend left knee in and straighten right knee (2)
- 3&4 Extend elbows to the side, release fingers and flip wrists from bottom (3) to top (&)/bend right knee in and straighten left knee (3), bring hands down in front of body/straighten right knee (4)
- 5-6 Put palms on thighs and crouch down slightly; look to the right (5), then left (6)
- 7&8 Roll shoulders back as you stand up

LEFT STEP-RIGHT POINT, RIGHT STEP-LEFT POINT, LEFT SAILOR STEP, ¼ TURN LEFT

- 1-2 Step left foot back, make a ½ turn left on ball of left foot and point right toes to the side
- 3-4 Step right foot forward, make a ½ turn left on ball of right foot and point left toes to the side
- 5&6 Step back on left foot, step down on right foot, step diagonally forward on left foot
- &7-8 Roll right shoulder back, make a ¼ turn left lifting left heel (&7), step down (8)

RIGHT TOE-LEFT HEEL TOUCHES (2X), HITCH RIGHT KNEE, ROLL HIP

- 1&2& Tap right toes back, step down (1&), present left heel, step down (2&)
- 3&4& Repeat same step sequence
- 5-6 Hitch right knee across body, return right foot next to left
- 7-8 Roll hip to the right (be sure weight is back on left foot)

SECTION B

ARM MOTIONS, RIGHT TOE TOUCH, RIGHT TURNING VINE, LEFT TOE TOUCH

- 1-4 At eye level, flip right palm from facing self to facing out, step right foot to the right and bend knee, move body to the right, return body to center and drop hand, right toe touch
- 5-8 Step right foot to right, make ½ turn to right using left foot, make another ½ turn to right using right foot, left toe touch

ARM MOTIONS, LEFT TOE TOUCH, LEFT TURNING VINE, RIGHT TOE TOUCH

- 1-4 At eye level, flip left palm from facing self to facing out, step left foot to the left and bend knee, move body to the left, return body to center and drop hand, left toe touch
- 5-8 Step left foot to left, make ½ turn to left using right foot, make another ½ turn to left using left foot, right toe touch

ARM MOTIONS // CAT WALK FORWARD RIGHT-LEFT-RIGHT-LEFT

- 1-2 Cross forearms left over right on chest/cat walk forward with right foot (1), hold (2)

- 3-4 Extend arms straight out to the side/cat walk forward with left foot (3), hold (4)
- 5-6 Continue to extend arms straight up/cat walk forward with right foot (5), flip wrist so that palms face self
- 7-8 Step left foot next to right foot (7)/bring arms down in front of body (7-8)

STEP RIGHT/BEND KNEE, LOOK RIGHT, STRAIGHTEN BODY, TOE TOUCH/STEP DOWN LEFT-RIGHT-LEFT TOUCH

- 1-2 Place right palm on top of right thigh and left palm on back of left thigh, bend right knee and step to the right (1), look right (2)
- 3-4 Return to standing position
- &5&6 Touch left toes back, step down on heel, touch right toes back, step down on heel
- &7-8 Touch left toes back, step down on heel, touch right toes next to left foot

SECTION C

SKATE FORWARD RIGHT-LEFT-RIGHT-LEFT, LUNGE RIGHT, KICK, RIGHT SAILER STEP

- 1-2 Right skate forward and to the right, left skate forward and to the left
- 3-4 Repeat same step sequence
- 5-6 Lunge right (5), step down on left foot and kick right foot to the side (6)
- 7&8 Step back on right foot, step down on left foot, step diagonally forward on right foot

REVERSE SKATE BACKWARD LEFT-RIGHT-LEFT-RIGHT, JUMP BACK, ARM MOTIONS

- 1-2 Reverse skate motion backward with left foot, reverse skate motion backward with right foot
- 3-4 Repeat same step sequence
- &5 Jump slightly backward left-right
- 6-8 Place left palm on top of right hand, fully extend arms up from chest level, return arms to the side in a semi-circular motion

- 1-16 Repeat the above 16 counts

BRIDGE 1

RIGHT TOE TOUCH, TURN BODY LEFT, TURN HEAD TO RIGHT/ARM MOTIONS

- 1-4 Touch right toes to the side, turn upper body to the left and place right hand with palm facing out on forehead (1), turn head to the right while removing hand from forehead, across torso and to the right as if you are wiping away sweat (2-4)

BRIDGE 2

ARM MOTIONS // BEND KNEE RIGHT-LEFT-RIGHT-RETURN, TO THE RIGHT HIP ROLL

- 1-2 Extend left arm up and to the left/bump right hip to right (1), extend right arm up and to the right/bump left hip to left (2)
- 3-4 Place left palm on top of right hip/bump right hip to right (3), place right palm on top of left hip/bump left hip to left (4)
- 5-8 Roll hip to the right, drop hands from hips on count 8

BRIDGE 3

- 1-4 Exactly the same as Bridge 1, except on count 1, step right foot back and make a ¼ turn to the right
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