

Don't Quit!

拍数: 32 墙数: 4 级数: Intermediate
编舞者: M.T. Groove (UK)
音乐: My Neck, My Back (Lick It) (Kardinal Beats Radio Edit) - Khia



Start when he sings "My Neck"

SIDE TOUCH SIDE, ¼ CROSS, HOLD, HITCH STEP HOLD, KNEE POP

- 1-2-3 Step left to left side, touch right next to left, step right to right side
- 4-5 Make a ¼ turn left as you cross left over right (dropping down slightly), hold
- &6-7 Push off left foot as you hitch left knee up, step left to left side, (weight is now on both feet), hold
- &8 Raise both heels off floor as you pop your knees forward, lower heels back in place

WALK LEFT, RIGHT, KNEE HITCH ¼ TWICE, JAZZ BOX

- 1-2 Walk left, right
- 3-4 With left knee hitched up make a ¼ turn right on ball of right, repeat (you've completed a ½ turn)
- 5-6 Cross left over right, step back on right
- 7-8 Step back on left, touch right next to left

¼ TURN ½ TURN, SIDE LUNGE & TOUCH, & CROSS SIDE, CROSS SIDE POINT

- 1-2 ¼ turn right as you step forward right, ½ turn right as you step back on left
- 3&4 Step/lunge to right side, recover left, touch right next to left
- &5-6 Step on ball of right, cross left over right, step right to right side
- 7&8 Cross left over right, step right to right side, point left to left side

ROLLING VINE FULL TURN TOUCH, ROCK RECOVER ¼ TURN, STEP TOUCH

- 1-4 Make a full turn to your left, stepping left, right, left touch right next to left
- 5-8 Rock right to right side, recover on left as you ¼ turn left, step forward on right, touch left next to right

REPEAT

Enjoy & Groove It!!
