

Disrupted

拍数: 0 墙数: 4 级数: Advanced
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音乐: Gossip Folks (Edited Version) - Missy Elliot



Sequence: AB, AB, AAB, A, A (1-8), B

PART A

- 1 Step right foot to 45 right while pushing right hip and knee out
- & Push hip back to original position
- 2 Push right hip and knee back out
- & Transfer weight to right foot while lifting left foot in air preparing for next step
- 3 Step left foot to a 45 left while pushing left hip and knee out
- & Push hip back to original position
- 4 Push left hip and knee back out
- & Transfer weight to left foot while lifting right foot in air preparing for next step
- 5 Kick right foot forward while lifting left shoulder up and dropping right shoulder down
- & Hitching right knee up while dropping left shoulder and raising right shoulder
- 6 Kick right foot out to right side while lifting left shoulder and dropping right shoulder down
- & Bring right knee back into hitch position while dropping left shoulder down and raising right shoulder
- 7 Touch right foot out to right side, weight still on left shoulders square off
- & Drop body into squat position and moving in a semi circle to right side shifting weight to right foot
- 8 Bring body back up and (meant to be a fluid motion) weight onto right foot
- & Shift weight back to left foot

- 9 Kick right foot to a 45 across left foot
- & Step right foot down while lifting left foot behind right knee
- 10 Step left foot back down kicking right foot forward
- & Step right foot down while turning to a 45 right and lifting left foot up
- 11 Kick left foot across right
- & Step left foot down while lifting right foot behind left knee
- 12 Step right foot back down and kick left foot forward
- & Start stepping left foot to left side while squaring off body to wall
- 13 Step left foot to left side
- & Lift right slightly off floor
- 14 Step right foot down while turning body to 45 left
- & Point both arm straight out to sides of body
- 15 Start squatting into position with right knee turned in towards body while pushing both hand towards floor palms down
- 16 Rise body back up while turning knee back out to position hands still in front of body palms facing floor finish facing 9:00

- 17 Facing 9:00 lift right knee into hitch position while leaning body back
- 18 Touch right toe back weight still on left
- 19 Pivot $\frac{1}{4}$ to right facing 12:00 leaning toward left
- 20 Slide left foot back in beside right straightening body up

- & Step right foot slightly back while lifting left in air
- 21 Step left foot forward and move right hand to left side of face while staring $\frac{1}{4}$ turn to right

- 22 Complete ¼ turn right and shift weight to left
 &23-24 Repeat &21-22 only use right hand to left side of face and pull your self into turn
- 25 Step right foot to a 45 right while turning body to a 45 left
 26 Slide left to right
 27 Step left foot to a 45 left while turning body to a 45 right
 28 Slide right foot to left and face body straight towards wall (now facing 6:00)
 29 Step right foot forward
 & Move right knee in towards body
 30 Move right knee back out
 31 Step left knee forward
 & Move left knee in towards body
 32 Move left knee back out transfer weight to left foot
- & Kick right out to right side
 33 Bring right foot behind left leg
 & Kick right out to right side
 34 Bring right foot in front of left leg
 & Kick right foot out to right side
 35 Repeat 33
 & Kick right foot out to right side
 36 Step right foot down even weight on both feet
 37 Extend both arms straight out from body clinched fists
 38 Extend both arms to left side fists still clinched left arm straight out and right across body and turn left knee in towards body
 39 Pivot body ¼ left (3:00) while head stays facing (6:00)
 40 Turn head to face (3:00) weight on right
- & Step left foot back and put arms down
 41 Step right foot forward
 42 Step left foot forward
 43 Step right foot forward
 44 Step left foot forward
 45 Step right foot forward
 & Rock back on left
 46 Step back on right
 & Rock forward on left
 47 Step right foot forward
 & Rock back on left while starting ½ turn pivot to right
 48 Complete ½ pivot to right while pushing left palm past face and snapping head around
- 49 Step left foot out to left side and lean body out to left bouncing shoulders
 & Continue leaning to left side and bouncing shoulders
 50 Continue leaning to left side and bouncing shoulders
 51 Start leaning back up and continue bouncing shoulder
 & Continue leaning back up bouncing shoulders
 52 Complete coming back up still bouncing shoulders
 & With weight on right, kick left leg out to left side throwing arms out to left side
 53 Drop arms back down and place left foot back into original position
 & With weight on left, kick right leg out to right side throwing arms out to right side
 54 Drop arms back down and place right foot back in original position
 & With weight on right, kick left leg out to left side throwing arms out to left side
 55 Drop arms back down and place left foot back into original position

- & With weight on right, kick left leg out to left side throwing arms out to left side
- 56 Drop arms back down and place left foot back into original position

- 57 Kick right leg to right side
- 58 Bring right leg in to left leg, still raised like a hitch
- 59 Kick right leg to right side
- & Touch right toe to right side
- 60 Pivot ½ turn on left foot to right side, touching right toe left to left foot
- & Step right foot back
- 61 Step forward on left foot
- 62 Kick right foot forward
- & Step onto right foot raise left leg slightly off the ground
- 63 Touch left toe behind right foot
- 64 Unwind full turn to left, ending with left foot slightly in front

PART B

- 1 Walk forward on right foot
- 2 Walk forward on left foot
- 3 Rock forward on right foot
- & Rock weight back onto left foot
- 4 Rock back on right foot
- & Rock weight forward onto left foot
- 5 Walk forward on right foot
- 6 Walk forward on left foot
- 7 Rock forward on right foot
- & Rock weight back onto left foot
- 8 Rock back on right foot, put right arms out making fist

- 9 Hit right fist with left hand turning ¼ turn to the left
- 10 Continue movement with arms, keep both arms extended to right side
- 11 Bring both arms to center of chest
- 12 Stretch left arm down to side while leaning onto left leg, slide right arm down left side as you stretch out left arm
- 13 Straighten body back to center, start bringing both arms back to center of chest.
- 14 Continue movement by bringing arms back to center of chest
- 15 Pivot ¼ turn with weight on both feet
- 16 Put both arms straight out to front with a rolling motion

- 17 Walk forward on right foot
- 18 Walk forward on left foot
- 19 Rock forward on right foot
- & Rock weight back onto left foot
- 20 Rock back on right foot
- & Rock weight forward onto left foot
- 21 Walk forward on right foot
- 22 Walk forward on left foot
- 23 Rock forward on right foot
- & Rock weight back onto left foot
- 24 Rock back on right foot, put right arms out making fist

- 25 Hit right fist with left hand turning ¼ turn to the left
- 26 Continue movement with arms, keep both arms extended to right side
- 27 Bring both arms to center of chest

- 28 Stretch left arm down to side while leaning onto left leg, slide right arm down left side as you stretch out left arm
 - 29 Straighten body back to center, start bringing both arms back to center of chest.
 - 30 Continue movement by bringing arms back to center of chest
 - 31 Pivot $\frac{1}{4}$ turn with weight on both feet
 - 32 Put both arms straight out to front with a rolling motion
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