

# Cyborg

拍数: 96      墙数: 1      级数: Intermediate  
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音乐: Cyborg - Mandoza



## FORWARD, HOLD, BACK, HOLD, FORWARD, HOLD, FORWARD, HOLD

1-2      Step right forward, hold  
3-4      Step right back, hold  
5-6      Step right forward, hold  
7-8      Step left forward, hold

## FORWARD, HOLD, BACK, HOLD, WALK, WALK, WALK, HOLD

1-2      Step right forward, hold  
3-4      Step right back, hold  
5-8      Step right, left, right forward, hold

## TURN, HOLD, STEP, HOLD, WALK, WALK, WALK, HOLD

1-2      Turn  $\frac{1}{4}$  pivot left, hold  
3-4      Step right forward, hold  
5-8      Walk left, right, left, hold

## RUNNING MAN STEPS

1-2      Scoot left back, stomp right down  
3-4      Scoot right back, stomp left down  
5      Scoot left back, stomp right down  
6      Scoot right back, stomp left down  
7      Scoot left back, stomp right down  
8      Hold, changing weight back to left

## LEAN, HOLD, TURN, HOLD, WALK, WALK, WALK, TURN

1-2      Step right to right, hold  
3-4       $\frac{1}{4}$  pivot turn left, hold  
5-8      Walk right, left, right,  $\frac{1}{4}$  pivot turn left

This next section is almost as if you are walking into a desk where your upper body cannot continue moving forward but your lower body can. You walk into this obstruction as you turn the corner, take two "feely", exploratory steps beneath it and then prepare to push it forward, and then throw it aside. All of this is done with typical robotic type movements and actions

## UNDER, HOLD, UNDER, HOLD, BACK BACK, LEAN HOLD

1-2      Upper body erect, step right forward and under "desk", hold  
3-4      Upper body leaning slightly more back in order to reach further forward with your next foot, step left forward, hold  
5-6      Step back left, step back right  
7-8      Lean forward ready to push the desk, hold

## PUSH, HOLD, PUSH, HOLD, HOLD AND THROW

1-2      Step forward right, hold  
3-4      Step forward left, hold  
5-6      Fold hand around side of "box", hold  
7-8      Step long step to right to right as if throwing the box aside

## DRAG, 2, 3, 4, CROSS, STEP, CROSS, HOLD

1-4      Replace weight to left leg and drag pointed right toe from right side to touch beside left

5-6 Moving at 45 degrees left, cross step right over left, step left forward  
7-8 Cross step right over left, hold

**ROCK, ROCK, ROCK, ROCK, BACK, BACK, TOUCH, HOLD**

1 Step left forward still at 45 degrees line and rock onto toes of both feet  
2 Rock back onto heels of both feet  
3 Rock forward onto toes of both feet  
4 Rock back onto toes of both feet  
5-6 Step back left, right (going back along 45 degrees line)  
7-8 Touch left back, hold (still along 45 degrees line)

**STEP, KICK, STEP, TOUCH, STEP, KICK BALL CHANGE, KICK**

1-2 Step left forward, kick right  
3-4 Step back right, touch back left (all at 45 degrees)  
5-6 Step left forward, kick right  
7-8 Ball change, kick right

**SHIMMY RIGHT, CLAP, SHIMMY RIGHT, CLAP**

1-4 Shimmy to right and clap (at 45 degrees right)  
5-8 Shimmy to right and clap (at 45 degrees right) turning to face 12:00 on last count

**VINE LEFT, AND HEEL, CLAP, AND HEEL, CLAP, AND DOWN, HOLD**

1-2 Step left to left, step right behind  
&3 Step left to left with weight, right heel forward  
4 Clap  
&5-6 Step right beside left, left heel forward, clap  
&7-8 Step left beside right, touch right toe beside left instep, hold

**During the hold step the head is dropped downward, chin on chest to imitate a cyborg that has been switched off, with arms hanging at the sides**

**REPEAT**

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