

Dance!

拍数: 48 墙数: 4 级数: Intermediate hip hop
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音乐: Dance Dance Dance - S Club 7



OUT OUT HEEL LIFT SIDE LUNGE, KICK BALL CHANGE KICK BACKWARD KNEE LIFT

1-2-3&4 Right foot step forward out, left foot step forward out, right foot lift your heel upwards en hold your right toe on the ground and center, make a flex with left knee and hold your right leg on the ground

5&6 Right foot kick forward, right foot & left foot ball change weight on left foot

7-8 Right foot kick back and come back with lift of your knee and step back in center

When dancing count 7, hit with your right fist on your right knee. When dancing count 8, that is (when you come back from the hitch up) hit with your right knee your fist upwards

ARM POSE MOVEMENTS WITH BODY ROLL HOOK AND BREAKING STEP WITH ¼ TURN KICK AND SIT WITH SCOOT FORWARD KICK BALL CHANGE

1-2 Bring your right hand to forehead level (closed fist) roll right fist down in center of your body with a body roll extend right arm straight out in front, and stepping down on left foot

3&4 Left foot hook behind right foot, left foot breaking step forward

5&6 Right foot kick forward and sit with a scoot on both feet forward, on count &6 hold your right arm in forehead in bent position with a fist

7&8 Right foot kick forward and right foot & left foot ball change weight on left foot

LUNGE DIAGONAL FORWARD HOLD STEP BACK WITH A DRAG, SAILOR STEP SAILOR STEP WITH ¼ TURN

1-2-3-4 Right foot step forward diagonal in a lunge, hold weight on right foot, weight back on left, and drag with right foot

5&6 Right foot step behind left foot, left foot step to the left right foot step to the right side

7&8 Left foot step behind right foot, right foot step to the right and left foot step to left with ¼ turn left

FUNKY STEPS, FORWARD WITH ¼ TURNS

1-4 Right foot step forward, left foot step forward, right foot step to the right, left foot step forward with ¼ turn left weight on left foot

Styling in funky with pops movements

5-8 Right foot step forward, left foot step forward, right foot step to the right, left foot step forward with ¼ turn left weight on left foot

Styling in funky with pops movements

TOUCHES WITH HEEL SWITCH MOVEMENTS SIDEWAYS, STEP ¼ TURN WALK WALK

1&2&3&4 Right foot touch to the right side 4 times, and on count & switch and move with your left heel to the right side, hold weight on left foot when you do the touches and switches

5-6 Right foot step to the right and make ¼ turn left weight on left foot

7-8 Right foot step forward left foot step forward weight on left foot

STEP OUT HOLD STEP ¼ TURN STEP OUT HOLD HOLD, STEP ¼ TURN SHOULDERS PUMPS TOUCH

1-2 Right foot step to the right hold weight on both feet

3-4 Left foot step ¼ left right foot step to the right weight on both feet

5-6 Hold - hold and make with your both hands a claw and move it up and down not the same time

7&8 Left foot step ¼ left and pump your breast in and pump your breast out and touch your right foot next to left foot weight on left

When you dance the counts 1-4 make with your both hands a claw. Move them up and down not the same

time

REPEAT
