

Creative K-Os

拍数: 32 墙数: 4 级数: Improver
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音乐: Crabbuckit - k-os



POINT BALL STEP, LOCK STEP FORWARD, STEP, ½ PIVOT, ½ PIVOT, COASTER STEP

- 1&2 Point left toe forward, ball/step left foot back beside right, step right foot forward
3&4 Step left foot forward, right foot lock/step up behind left, step left foot forward
5&6 Step right foot forward, pivot ½ turn left on left foot, pivot ½ turn left on left stepping back on right foot (12:00)
7&8 Step left foot back, step right foot back beside left foot, step left foot forward

Optional easy steps

- 5-8 Step right forward, ½ pivot, step right forward, ½ pivot

SYNCOPATED POINT & PLACE, STEP FORWARD, ¼ PIVOT, STEP TOGETHER, POINT RIGHT

- 1&2& Point right toe to right, step right beside left, point left toe to left, step left beside right.
3&4& Point right toe to right, step right beside left, point left toe to left, step left beside right.
5-6 Step right foot forward, ¼ pivot to left on left. (weight on left) (9:00)
7&8 Step right foot behind left foot, step left foot to left side, point right toe to right side

SIDE BODY ROLL, SHOULDER SHRUGS, KICK BALL CROSS, & CROSS, STEP, POINT

- 1-2 Right side body roll: roll head, shoulders, hips to right side. (weight on right foot, left foot pointing to left side & right shoulder up higher than left)
3&4 Raise left shoulder up (drop right down), raise right shoulder up. (drop left down), raise left shoulder up (drop right down)

Weight on left foot, left knee slightly bent and right leg straight out to right side

- 5&6 Kick right foot over left, ball/step right foot to right side, cross/step left foot over front of right
&7 Step right foot to right side, cross/step left over front of right
&8 Step right foot to right side, point left toe to left side

Optional easy steps

- 7-8 Big step right to right side, touch left toe to left side

WALK, WALK, FORWARD LOCKING COASTER, STEP BACK ½ PIVOT, STEP FORWARD ½ PIVOT, STEP TOGETHER

- 1-2 Walking forward: stepping left foot across front of right, step right across front of left
3&4 Step left foot forward (body angled diagonal right), lock/step right up behind left foot, step left foot back across front of right
5-6 Step right foot back, pivot ½ turn left on right foot - weight on left. (3:00)
7&8 Step right foot forward, pivot ½ turn left on left foot, step right foot beside left foot

Optional easy steps

- 5-6 Step back on right, step back on left
7&8 Step left foot back, step right back beside left, step left forward

REPEAT