

Criminal

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Smooth Criminal - Michael Jackson



SLIDE HITCH TWICE(RIGHT, LEFT), LOCK BEHIND, ½ TURN RIGHT, KICK BALL CHANGE

- 1 Take a large step to right with right foot
- 2 Hitch left knee
- 3 Take a large step to left side with left foot
- 4 Hitch right knee
- 5 Lock right foot behind left
- 6 Turn a ½ turn right, weight ends on left foot
- 7 Kick right foot forward
- & Step right beside left
- 8 Change weight from right to left

Arms: on counts 1 and 3, look down. On counts 2 and 4 look forward, hands under chin

ROLL KNEES RIGHT, LEFT, JUMP CROSS, ½ TURN LEFT, HEEL JACKS

- 1 Roll right knee outwards
- 2 Roll left knee outwards
- 3 Jump feet across, right over left
- 4 Turn a ½ turn to left
- 5 Cross right foot over left
- & Step left foot to side
- 6 Touch right heel forward
- & Step right foot to side
- 7 Cross left foot over right
- & Step right foot to side
- 8 Touch left heel forward

Arms:

- 1-2 Comb your hair, first with right than left

BEND AND STRAIGHT KNEES TWICE, HEAD MOVEMENT, BEND AND STRAIGHT KNEES

- & Step left foot to side
- 1 Bend knees, like if you are sitting on a chair
- 2 Straight knees
- 3 Bend knees again (like in count 1)
- 4 Straight knees as you pull them together
- 5 Throw head to right and hands should be on the sides (head would be framed)
- 6 Throw head to left, hands exactly the same as in count 5
- & Jump feet apart
- 7 Bend knees and throw head forward, hands on knees
- 8 Throw head back again as you straighten knees

Arms:

- 1 Right forearm raise upwards, palm face backwards, left hand on right elbow count
- 2 Roll right arm inwards, under left, put left hand on right elbow again
- 3-4 Repeat count 1-2

ROTATE HIPS, WALK RIGHT, LEFT, ½ TURN RIGHT, SCOOT BACK LEFT, SAILOR STEP RIGHT

- 1-2 Rotate hips around to the left
- 3 Step right foot forward

- 4 Step left foot forward
- 5 Turn a ½ turn to right
- 6 Scoot back on left, hitch right knee
- 7 Step right behind left
- & Step left to side
- 8 Step right to side

Arms:

- 3 Put right arm forward
- 4 Put left arm forward
- 5 Hold arm forward
- 6 Pull arm back to body with inner forearm facing upwards
- 7& Roll arms in front of each other (in front of chest)
- 8 Point right index finger diagonally up, left diagonally down

SAILOR STEP LEFT, LOCK BEHIND, FULL TURN RIGHT, WALK RIGHT, LEFT, RIGHT, LEFT

- 1 Step left behind right
- & Step right to side
- 2 Step left to side
- 3 Lock right foot behind left
- 4 Full turn to right, weight ends on left
- 5-8 Walk forward on right, left, right, left

Arms:

- 1&2 Repeat count 7&8 in the previous note but change right and left with each other

JAZZ BOX, BEND KNEES DIAGONALLY

- 1 Cross right over left
- 2 Step back on left
- 3 Step right to side
- 4 Step left beside right
- 5 Bend knees outwards diagonally, left 4:30 and right 7:30
- 6 Straight knees
- 7-8 Repeat 5-6

Arms:

- 1 Raise right arm up
- 2 Raise left arm up
- 3 Right arm down beside body
- 4 Left arm down beside body

GRAPEVINE TWICE RIGHT, LEFT

- 1 Step right foot to right side
- 2 Step left foot behind right
- 3 Step right foot to side
- 4 Touch left beside right
- 5 Step left foot to left side
- 6 Step right foot behind left
- 7 Step left foot to side
- 8 Touch right beside left

: Pop shoulder up and down, on one count you will pop shoulders twice

At the end of each grapevine (touch beside), clap hands once

BOOGIE WALK, SHUFFLE IN PLACE WITH ANGLES

- 1 Step right foot diagonally forward (7:30)
- 2 Step left foot diagonally forward (4:30)
- 3&4 Step right foot in place with an angle (7:30)

5-8

Repeat count 1-4 but start with left foot

REPEAT
