A** In Motion



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Mark Furnell (UK) 音乐: Ain't a Love - Jamelia



WALK BACK TWICE, KICK OUT, OUT, HIP BUMPS

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1-2	Cton	back on	loft oton	hook on	riaht
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3&4 Kick left foot forward, step out to side on left, step right out to side (feet should be shoulder

width apart)

5-6 Bump hips left and look to your left, bump hips right and look forward

7&8 Bump hips back, bump hips to the right, bump hips to the left (weight ending on left foot)

CHASSE, POINT, POINT, BODY ROLL, TOUCH, TOUCH, STEP

9&10	Step right to side, close left right, step side on right
11-12	Point left toe over right foot, point left toe to left side

13-14 Body roll making ¼ turn to left (weight on left), touch right to left

15&16 Tap right toe slight to right, tap right toe out to right and step on right foot

ROCK BACK STEP, BEHIND STEP TOUCH, SIDE, BEHIND, STEP CROSS STEP

17&18 Rock back on left, forward on right and step left foot to side

19&20 Step right behind left, step left to and touch right to diagonally across left foot

21-22 Step side on right, cross left foot behind right

23&24 Step side on right, cross left foot behind right, step side on right

AND POINT, HALF TURN POINT, SAILOR STEP, TRIPLE HALF TURN, TRIPLE WHOLE TURN

&25-26 Bring left foot to right and point right toe to side, pivot half turn left and point right toe to side

27&28 Step right behind left, step left to side and step side on right foot

29&31 Making ½ turn left triple left, right left

31&32 Making a whole turn right, triple right left right

REPEAT