

Avalanche

拍数: 64 墙数: 2 级数:
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音乐: Walkin' on Me - Big House



HOP/PUNCH (ARMS UP, DOWN, UP)

- 1 Hop forward on both feet, shoulder width apart and knees slightly bent
Arms: make fists. Punch right hand forward at 11:00
- 2 Hop forward on both feet, shoulder width apart and knees slightly bent
Arms: punch left hand forward at 1:00, crossing arms at the wrists
- 3 Moving to the left, point toes and knees out
Arms: out to side, bent at elbows (like bench pressing)
- & Moving to the left, point toes and knees in
Arms: out to side, bent at elbows, swing lower part of arms downward
- 4 Moving to the left, point toes and knees out
Arms: out to side, bend at elbows, swing lower part up (like bench pressing)
- 5 Touch right toe to the right, pointing right knee into left knee
Arms: keeping elbows bent, drop lower part of right arm down, keeping left arm up
- 6 Put weight on right foot, twist right leg straight, touch left toe to right foot
Arms: swing left lower arm down and right lower arm up, keeping elbows bent
- & Put weight on left foot
- 7 Touch right toe to right side pointing right knee into left knee
Arms: swing right lower arm down and left lower arm up, keeping elbows bent
- 8 Put weight on right foot, twist right leg straight, step left foot to right foot
Arms: keeping elbows bent, drop lower part of left arm down, swing right lower arm up
- 9-16 Repeat counts 1-8

HOPS: FORWARD, BACK, SIDE, SIDE

- 17 With feet together, hop forward
- 18 Hop back
- 19 Hop to the right side
- & Hop to the right side
- 20 Hop to the right side
- 21 With feet together, hop forward
- 22 Hop back
- 23 Hop to the left side
- & Hop to the left side
- 24 Hop to the left side

SYNCOPATED KICK-BALL-CHANGES, TRAVELING FORWARD SLIGHTLY

- 25 Kick right foot forward
- & Step on right foot home
- 26 Step left foot to the left side
- & Step on right foot home
- 27 Kick left foot forward
- & Step on left foot home
- 28 Step right foot to the right side
- & Step on left foot home
- 29-32& Repeat counts 25-28&

KICK, POINT, TURN, KICK

- 33 Kick right foot forward
- 34 Point right toe back
- 35 Turn ½ turn to the right
- 36 Kick right toe forward

HITCH, STEP, COASTER STEP

- 37 Hitch right knee up, sliding slightly backwards on left
- 38 Step back on right foot
- 39 Step back on left foot
- & Step together on right foot
- 40 Step forward on left foot

ROMPS-MOVING BACKWARD SLIGHTLY-STEP, HEEL, STEP, TOUCH

- & Step back on right foot
- 41 Touch left heel forward
- & Step back on left foot next to right foot
- 42 Touch right toe to the left foot
- & Step back on right foot
- 43 Touch left heel forward
- &44-48 Repeat counts &41-43

POINT/STEP FOUR TIMES

- 49-50 Point right toe to right side, step right foot in front of left foot
- 51-52 Point left toe to left side, step left foot in front of right foot
- 53-56 Repeat counts 49-52

KICK CHANGE WEIGHT

- 57 Kick right foot forward
- & Step right foot home, take weight off left foot
- 58 Step on left foot home

BUMP/HOP, HOP

- 59 Bump hips forward
- & Hop (with feet together) back
- 60 Hop (with feet together) back

- 61-64 Repeat counts 57-60

REPEAT
