

Mr Luver

拍数: 80 墙数: 4 级数: Improver
编舞者: Kenny J - June 2007
音乐: Luv Me, Luv Me - Shaggy & Janet Jackson



INTRO: 16 COUNT

NOTE: Please note that R&B Line Dancing is for all types of folks, especially the non-professional dancer. Therefore the dance steps used are not defined as your typical or professional termed dance steps. Keep looking out for the I AM KENNY J Beginners Line Dance video, soon to be distributed, which will define the steps used in R&B Line Dancing, in the Philadelphia area.

4AM STEP (1 & 2 & 3 1-2-3 1 & 2 & 3 TAP TAP or R L L R R L L L L R R L L R R)

Start with body facing front (12 o'clock position)

1& Step forward with the right-1 o'clock position, follow with the left
2& Step back with the left-7 o'clock position, follow with the right
3 Step back with the right-6 o'clock position
1-2-3 Step left foot in ? out ?in (6 -12 ? 6 pos)

Body is now facing 3 o'clock position

1& Step left foot forward 12 o'clock, follow with the right
2& Step pass the left with the right to the 12 o'clock position, follow with the left

Body is now facing 9 o'clock position

3 Step the left foot forward 6 o'clock position
1-2 Tap the right foot twice

Body is now facing 6 o'clock position

Repeat sequence starting in the 6 o'clock position

Start with body facing rear (6 o'clock position)

1& Step forward with the right-7 o'clock position, follow with the left
2& Step back with the left-1 o'clock position, follow with the right
3 Step back with the right-12 o'clock position
1-2-3 Step left foot in ? out ?in (12 -6 ? 12 pos)

Body is now facing 9 o'clock position

1& Step left foot forward 6 o'clock, follow with the right
2& Step pass with left the right to the 6 o'clock position, follow with the left

Body is now facing 3 o'clock position

3 Step the left foot forward 12 o'clock position
1-2 Tap the right foot twice

Body is now facing 12 o'clock position

SHOULDER SHRUG

Body is now facing 12 o'clock position

1??3 Bounce shoulders down for 3 beats
1??3 Bounce shoulders up for 3 beats

CABBAGE PATCH (right then left)

Body is now facing 12 o'clock position

R-L 1-2-3 shrug R shoulder down , then L shoulder, follow with R, L, R
L-R 1-2-3 shrug L shoulder down , then R shoulder, follow with L, R, L

SHA-RON STEP (MODIFIED SAILOR STEP)

Body is now facing 12 o'clock position

- 1: 2-3 Step the right, follow with the left behind the right and then step the right
- 1: 2-3 Step the left, follow with the right behind the left and then step the left
- 1 2 Execute quarter turn left, stepping the right then the left

BUS STOP /JAZZY LADY

Body is now facing 9 o'clock position

- 1-2 Walk forward starting with the right, then the left
- 1-2-3 in place step R-L-R
- 1-2 Walk backwards starting with the left, then the right
- 1-2-3 pop the knees for 3 beats, L knee, R knee, L knee

STEP TURN / STEP PIVOT

Body is now facing 9 o'clock position

- 1-2 Step the right foot and pivot left ¼ turn
- 1-2 Step the right foot and pivot left ¼ turn

RIGHT LEFT AND KICK

Body is now facing 3 o'clock position

- 1-2-3 Step the right, follow with the left and then a quick lift with the left R-L-L
- 1-2-3 Run Back starting with the left foot for 3 beats, L-R-L

CAMEL WALK

Body is now facing 3 o'clock position

- 1-2: 1-2-3 While popping the knees forward move forward with L knee, R Knee L-R L
- 1-2: 1-2-3 Then R knee, L Knee R- L-R

STEP TURN / STEP PIVOT

Body is now facing 3 o'clock position

- 1-2 Step the right foot and pivot left ¼ turn
- 1-2 Step the right foot and pivot left ¼ turn
- 1-2 Step the right foot and pivot left ¼ turn
- 1-2 Step the right foot and pivot left ¼ turn

MR LUVER

Body is now facing 3 o'clock position

- 1 2 3 4 Mr Luver to the right: Step your right foot to your right, follow with the left, repeat
- 1 2 3 4 Mr Luver To the Left: Step your Left foot to your left, follow with your right, repeat
- 1 2 3 4 Mr Luver to the rear: Walk Backward starting with the right foot

TOE DROP

Body is now facing 3 o'clock position

- 1 2 3 With the right heel raised, tap on the balls of right foot twice and then lower the heel for count 3
- 1 2 3 With the left heel raised, tap on the balls of left foot twice and then lower the heel for count 3

Repeat dance from the beginning now starting in the 3 o'clock position

Repeat dance from the beginning now starting in the 6 o'clock position

Repeat dance from the beginning now starting in the 9 o'clock position
