

Drop It On

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Drop It On Me - Ricky Martin



SAMBA FORWARD BASIC, SAMBA BACKWARD BASIC, LEFT CROSS SAMBA, CROSS, ¼ TURN, ¼ TURN

1a2 Step left forward, ball-step right ball beside left, step left in place
3a4 Step right backward, ball-step left ball beside right, step right in place
5a6 Cross step left over right, ball-step right to right side, recover on left
7a8 Cross step right over left, make a ¼ turn right ball-step left backward, make a ¼ turn right step right to right side

FRONT ROCK, SIDE ROCK, BACK ROCK, ¼ TURN LEFT, BODY ROLL STEP TOUCH, CHEST POPS

1a2a3a4 Rock left forward, recover on right, rock left to left side, recover on right, rock left backward, recover on right, make a ¼ turn left touch left toe forward (with heel raised)
5a6 Shift weight to the ball of left foot with forward body roll, step right beside left, touch left toe forward
(Option for count 5: Circular anti-clockwise hip roll starting from 6.00)
7a8a Pop chest out, in, out, in

CROSS BALL CROSS, ½ TURN LEFT CROSS BALL CROSS,

1a2 Cross step right over left (shift weight to the ball of left foot at the same time), ball-step left to left side, cross step right over left
3a4 Make a ½ turn left crossing left over right, ball-step right to right side, cross step left over right
5-6 Step right backward popping left knee towards right knee, step left backward popping right knee towards left knee
7-8 Repeat
(Option styling for count 5-8: Swing both arms out to left, right, left, right OR wriggling your body)

SMALL STEPS RIGHT FULL TURN, SMALL STEPS LEFT FULL TURN, STEP, FIGURE-OF-8 HIP ROLL

1a2 Step right forward, make a ½ turn right ball-stepping left back slightly, make a ½ turn right on ball of left stepping right forward slightly
3a4 Step left forward, make a ½ turn left ball-stepping right back slightly, make a ½ turn left on ball of right stepping left forward slightly
(Option for count 3 a 4: Step left forward, step right beside left, step left forward)
5 Step right to right side, feet apart
6-8 Make a horizontal figure-of-8 hip roll starting from right-left-right over 3 counts, weight ends on right foot

REPEAT