

So Excited

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sebastiaan Holtland (NL) - January 2008
音乐: So Excited (feat. Khia) - Janet Jackson



Intro: 16 counts, when vocals says 'breath'

KICK & SIDE ROCK, KICK & SIDE ROCK, KICK & TOUCH, FULL PIROUETTE L IN PASSE

- 1&2& Kick Rf slightly forward, step Rf back in place, rock Lf to the left, recover on Rf (12:00)
3&4& Kick Lf slightly forward, step left back in place, and rock Rf to the right, recover on Lf
5&6 Kick Rf slightly forward, step Rf back in place, and touch left toe to the left

Style: move your arms slowly and move your body in contra-position

- 7-8 Begin twist turn transferring weight to Rf, lifting Lf up to right knee with Left knee extended to the left (passé), left foot rotate 1 full left in elevated passé to (6:00), continue to rotate ½ left in elevated passé to take weight onto Lf (12:00)

BROOKLYN UP ROCK, HITCH, KICK & PUSH, PLACE, 1/4 TURN, STEP TOGETHER

- 1-2 Rf jump forward, Rf jump back and kick Lf forward (12:00)
3&4 Step Lf back in place, Rf kick forward, Lf kick forward, Rf make a hitch with R knee
5&6& Kick Rf forward, step Rf back in place, and push your Lf forward, step Lf back in place
7-8 Turning 1/4 left on your Lf, and step Rf next to Lf take weight onto Lf (together) (9:00)

BEND FWD & SITT, UP KICK OUT, BEND FWD & SITT, UP KICK OUT, TOGETHER HEAD FACING, STEP OUT, ARM MOVEMETS, POP IN, PLACE (EVERYTHING IN A QUICK MOTION)

- 1&2& Bend on both feet in a sitting position, rise your body up and kick Rf out to the right, Step Rf back in place and bend on both feet in a sitting position, raise body up and kick Lf out to the left, (9:00)
3&4 Step Lf back in place next to Rf take weight onto both feet, head facing to left to front, step Rf to the right take weight onto both feet
5&6& Move your R hand up with fist to ceiling, bring your L hand under your elbow bring your R hand down put him on your Left arm, bring both hands down on count 22 Bring your R arm forward in a fist in front
7&8 On count & holding a hook of 90 decrees and pop your R knee in, on count 24 step Rf back in place take weight onto both feet (9:00)

SAILOR STEP, SAILOR STEP WITH 1/4 TURN, KICK & TOUCH, FULL PIROUETTE L IN PASSE

- 1&2 Step Rf behind Lf, step Lf to the left, step Rf to the right
3&4 Step Lf behind Rf, step Rf to the right with 1/4 turn left, step Lf to he left weight onto Lf (6:00)
5&6 Kick Rf slightly forward, step Rf back in place, and touch left toe to the left

Style: move your arms slowly and move your body in contra-position

- 7-8 Begin twist turn transferring weight to Rf, lifting Lf up to right knee with Left knee extended to the left (passé), left foot rotate 1 full left in elevated passé to (12:00) continue to rotate ½ left in elevated passé to take weight onto Lf (6:00)

FUNKY WALKS FWD, ROCKING CHAIR, STEP BACK & DRAG, KICK BALL STEP FWD

- 1-2 Walk Rf forward, walk Lf forward (6:00)
3&4 Rock Rf forward, recover on Lf, step Rf back
&5-6 Step Lf back, and make drag with Rf, Hold
7&8 Kick Rf forward, step Rf back in place on ball, step Lf forward (6:00)

SLIDE WITH 1/4 TURN, ROCK & STEP WITH 1/4 TURN, HITCH & CROSS, FULL TURN, STEP BOTH

FEET APART, ARM MOVEMENT, HEAD MOVE & TOUCH

- 1 Step Rf to the right with 1/4 left and make a slide with your Lf weight onto Lf (3:00)
- 2&3 Rock Lf behind Rf, recover on Rf, step Rf forward with 1/4 turn left (12:00)
- 4-5 Turning 1/4 left and hitch your R knee Diagonally fwd, step Rf across Lf weight on both feet (9:00)
- 6-7 Rf + Lf turning full left, step Rf out to the right and spreading both hands out in a fist at shoulder line weight onto both feet (9:00)
- &8 Now you standing with both feet apart now you flex your head to the right on count & at same time bring your head back in position to facing (9:00) step Rf next Lf take weight onto Lf and bring your arms down (9:00)

Begin again.
