

Hip Hop Police

拍数: 32 墙数: 4 级数: Improver
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音乐: Hip Hop Police (feat. Slick Rick) - Chamillionaire



Kick, kick, slide forward, arm movements.

- 1 RF Kick forward.
- & RF next LF.
- 2 LF Kick forward.
- & LF next to RF.
- 3 RF slide forward.
- 4 LF slide next to RF.
- 5 RF Stomp on spot, while doing this bring right elbow in front of your chest.
- & LF Flick behind your right knee, while doing this stretch left arm out and bring right arm to right and look at it.
- 6 LF Step down on place, while doing this put left arm up right arm in front of your chest.
- 7 Right arm stretches to right.
- & Bent right elbow and stretch left arm in front.
- 8 RF slide next to LF, while doing this stretch right arm straight up and left arm in your side, (hip height), [ending facing 12:00].

Step forward, ¼ turn snake roll, hip, hip, kick, kick, ¼ turn slide.

- 1 RF step forward, while doing this bring right hand forward, like give somebody a low five.
- 2 LF ¼ turn left, while doing this make a snake roll to left.
- 3 LF Put weight in left hip, facing 9:00.
- 4 change weight to right hip.
- & change weight to left hip.
- 5 RF Kick forward.
- 6 LF Kick forward.
- 7 LF Touch backwards.
- 8 LF ¼ turn over left, while doing this touch RF next to LF, [facing 6:00].

Running man backwards, pop walks forward (Jumping apple jacks).

- 1 RF Cross behind LF and bend threw RF.
- & LF Change weight to LF.
- 2 RF Cross behind LF and bend threw RF.
- 3 LF Cross behind RF and bend threw LF.
- & RF change weight to RF.
- 4 LF Cross behind RF and bend threw LF.
- 5 RF step forward on straight leg, while doing this touch LF next to RF.
- 6 LF step forward on straight leg, while doing this touch RF next to LF.
- 7 RF step forward on straight leg, while doing this touch LF next to RF.
- 8 LF step forward on straight leg, while doing this touch RF next to LF, all [facing 6:00].

Count 5 until 8 you can also do jumping apple jacks.

Slide to diagonal right, slide diagonal left, step forward, ¼ turn, knee bounce.

- 1 RF slide diagonal to right.
- 2 LF touch next to RF.
- 3 LF slide diagonal to left.
- 4 RF touch next to LF.
- 5 RF step forward.
- 6 Turn ¼ over left while doing this put LF next to RF.

- 7 Bounce LF knees to left.
- 8 Bounce right knees to right.
- & Change weight to LF to start again.

Have fun
