

Bring It

拍数: 64 墙数: 2 级数: Advanced
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音乐: All About You - Danny K : (CD: This Is My Time)



Start on Vocals approximately 32 counts from start of track

(1-8) SCUFF, SIDE, TWIST, RISE, KICK BACK, BALL STEP X2

- 1,2 Scuff right foot next to left foot, step right foot to right side
- 3,4 Twist right knee in, twist right knee up whilst rising up onto ball of right foot keeping right knee bent and straightening left leg out to left side
- 5,6 Put right heel down as you kick left foot across in front of right, step left foot to left side
- &7 Step ball of right foot behind left foot, cross ball of left foot across right foot
- &8 Rock weight onto ball of left foot in place, rock weight onto ball of right foot in place

(9-16) SLOW STEP DIAGONAL, TOGETHER BACK-BACK, STEP HOLD, ROCKING CHAIR

- 1,2 Step right foot to right diagonal, hold a count (you are now facing 1.30)
- &3 Step left foot next to right foot, step right foot back
- 4 Step left foot back next to right
- 5,6 Step right foot forward to right diagonal, hold a count
- 7& Rock left foot forward, recover weight onto right foot
- 8& Rock left foot back, recover weight onto right foot

(17-24) STEP HEEL TOUCH, CROSS UNWIND, SIDE STEPS, HEEL TOE DRAG

- 1,2 Make an 1/8th of a turn left to face 12.00 and step forward on left foot, touch right heel to right side
- 3,4 Cross right foot over left foot, unwind ½ turn left
- 5,6 Step right foot to right side, step left foot to left side
- 7&8& Right foot is going to swivel to the right heel, toe, heel, toe whilst the left leg drags slowly up to it (You are moving to the right on the right foot as the left foot drags)

(25-32) HEEL ROCK, BALL ROCK, SAILOR STEP X2

- 1& Rock left heel forward, recover weight onto right foot
- 2& Rock ball of left foot to left side, recover weight onto right foot
- 3&4 Cross left foot behind right foot, step right foot to right side, step left foot in place
- 5& Rock right heel forward, recover weight onto left foot
- 6& Rock ball of right foot to right side, recover weight onto left foot
- 7&8 Cross right foot behind left, step left foot to left side, step right foot in place

(33-40) HIP BUMP TURNS X3, SAILOR STEP

- 1&2 Step left foot forward and bump left hip forward, bump right hip back, bump left hip forward
- 3&4 Make a ½ turn right and step right foot forward and bump right hip forward, bump left hip back, bump right hip forward
- 5&6 Make a ¼ turn right and step left foot to left side and bump left hip left, bump right hip right, bump left hip left
- 7&8 Cross right foot behind left foot, step left foot to left side, step right foot to right diagonal

(41-48) BALL STEP, LEAN, KNEE POP, HITCH SWING, STEP LEAN, KNEE POPS X2

- &1 Step ball of left foot behind right foot, step right foot to right diagonal (lean back slightly as you do this)
- 2 Lean forward to straight position with weight fully on right foot [facing 4.30]
- 3 Rise up onto ball of right foot whilst popping right knee forward and straightening left leg back to left diagonal

- &4 Drop right heel down, swing left leg past right leg into a bent hitch as left leg passes right leg rise up onto ball of right foot and pop right knee forward again
- 5 Step left foot straight forward to [3.00]
- 6 Lean weight forward fully over left leg
- 7& Rise up onto ball of left foot and pop left knee forward whilst hitching right knee a small hitch out to right side, drop left heel down and lower right knee a little
- 8& Repeat previous steps 7&

(49-56) ¼ TURN, SIDE BALL STEP X2, ROLLING GRAPEVINE SIDE STEP

- 1a2 Make a ¼ turn right and step right foot to right side, cross ball of left foot behind right foot, step right foot across left foot
- 3a4 Step left foot to left side, cross ball of right foot behind left foot, cross left foot over right foot
- 5,6 Make a ¼ turn right and step forward on right foot, make a ½ turn right and step back on left foot
- 7,8 Make a ¼ turn right and step right foot to right side, step left foot to left side

(57-64) SIDE BALL STEP X2, ROLLING GRAPEVINE, BALL STEP X2

- 1a2 Step right foot a big step to right side, cross ball of left foot behind right, cross right foot over left
- 3a4 Step left foot a big step to left side, cross ball of right foot behind left, cross left foot over right
- 5,6 Make a ¼ turn right and step right foot forward, make a ½ turn right and step back on left foot
- &7 Make a ¼ turn right and step right foot to right side, recover weight onto ball of left foot
- &8 Rock weight onto ball of right foot, recover weight onto ball of left foot

START AGAIN AND ENJOY!

TAG:

After count 32 on the 6th wall, do a 4 count body roll up then continue with the left hip bumps forward
