

Ain't Gotta Hitch

COPPER KNOB
STEPSHETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Rosie Multari (USA) - July 2008
音乐: Bounce With Me - Kreesha Turner



Or Music:

Candyman by Christina Aguilera [174 bpm / Back To Basics]
Any 2 step rhythm (160-178 bpm)

Walk With Syncopated Rocking Horse

1-2 Walk left forward, right
3&4& Rock left forward, recover to right, rock left back, recover on right
5-7&8& Repeat counts 1-4&

Cross Ball Change Twice With ¼ Turn

1-2& Cross left over right, step to side with ball of right, step left in place
3-4& Cross right over left, step to side with ball of left, start turning ¼ right, step right in place
(3:00)
5-8 Walk forward left, right, left, right (with style!!!)

Basic Mambo, Paddle ½ Turn

1&2 Step left forward, step right in place, step left slightly back of right
3&4 Step right back, step left in place, step right slightly forward of left
&5 Hitch left, turn 1/8 to right, touch left to side
&6&7 Repeat &5 two times
&8 Hitch left, turn 1/8 to right, step left slightly forward (9:00)

Jazz Box With Cross Touches

1-4 Cross right over left, step left slightly back, step right to side, step left together
5-6 Cross right over left, touch left to side
7&8 Hold, hitch left, touch left to side

Repeat

RESTART: If using song Bounce With Me, restart on wall 3 after first 16 counts