

JR Drop

拍数: 48 墙数: 2 级数: Intermediate / Advanced
编舞者: Rachael McEnaney (USA) & Jessica Langstaff (UK) - July 2008
音乐: Move, Shake, Drop (feat. Pitbull & Flo Rida) - DJ Laz
或: In the Ayer (feat. Will.I.am) - Flo Rida



Count In: 32 counts intro from start of both tracks

Or Music: In The Ayer – Flo Rida feat. Will I Am & Fergie

(1 – 8) Dance starts with feet apart! Twist right, twist left, twist right x2, ball cross, ¼ turn, right side shuffle

- & 1 & 2 Twist right heel in towards left (&), Return right heel to place (1), Twist left heel in towards right (&), return left heel to place [12.00]
- & 3 & 4 Twist right heel in towards left (&), return right heel to place (3), twist right heel in towards left (&), return right heel to place (4) [12.00]
- & 5 - 6 Step slightly back on left foot (&), cross right over left (5), Make ¼ turn right stepping back on left (6) [3.00]
- 7 & 8 Step right to right side (7), step left next to right (&), step right to right side (8) [3.00]

(9 – 16) Hitch left, step left, hitch right with ½ turn, step right, twist into ¼ turn right, scoot back, coaster step

- 1 - 2 Hitch left leg (styling throw right arm across over left leg) (1), step left to left side (2) [3.00]
- 3 - 4 Hitch right leg as you make ½ turn right on ball of left (3), step right to right side (4) [9.00]
- & 5 Twist upper body to left (&), make ¼ turn right stepping forward on right (take all weight onto right almost like a stomp) (5) [12.00]
- 6 Scoot (jump/hop) back on right foot as you kick left foot forward (6) (easy option: would just be to kick left foot forward) [12.00]
- 7 & 8 Step back on left (7), step right next to left (&), step forward on left (8) [12.00]

(17 – 24) Step right, left, rolling vine right into slide, hold, ¼ sailor step left

- 1 - 2 Step right to right side (1), step left to left side (feet shoulder width apart) (2) [12.00]
- 3 - 4 Make ¼ turn right stepping forward on right (3), make ½ turn right stepping back on left (4) [9.00]
- 5 - 6 Make ¼ turn right as you take a big step to right side (5), slide left towards right (HOLD no weight change) (6) [12.00]
- 7 & 8 Cross left behind right (7), make ¼ turn left stepping right next to left (&), step forward on left (8) [9.00]

(25 – 32) Right kick hook kick, Left kick hook kick, Right jazz box with ¼ turn

- 1 & 2 & Kick right foot forward (1), hook right foot in front of left shin (&), kick right foot forward (2), step right next to left (&) [9.00]
- 3 & 4 & Kick left foot forward (3), hook left foot in front of right shin (&), kick left foot forward (4) step left next to right (&) [9.00]
- 5 - 8 Cross right over left (5), step back on left (6), make ¼ turn right stepping forward on right (7), step left to left side (8) [12.00]

(33 – 40) Rock forward & side, sailor ¼ turn right, rock forward & back, step forward, heel twists with ½ turn

- 1 & 2 & Cross rock right over left (1), recover weight onto left (&), rock right to right side (2), recover weight onto left (&) [12.00]
- 3 & 4 Cross right behind left (3), make ¼ turn right stepping left next to right (&), step forward on right (4) [3.00]
- 5 & 6 & Rock forward on left (5), recover weight onto right (&), rock back on left (6), recover weight onto right (&) [3.00]
- 7 & 8 Step forward on left (7), make ¼ turn right as you twist right heel to left (&), make ¼ turn right as you twist left heel to left [9.00]

(41 – 48) Right coaster step, hitch with leg circle into ¼ turn left, jump feet in then out, 3 jumps forward

- 1 & 2 Step back on right (1), step left next to right (&), step forward on right (2) [9.00]
- 3 - 4 Hitch left leg making a circle action with leg anticlockwise as you make a ¼ turn left on ball of right (3), step left to left side (4) [6.00]
- & 5 Jump both feet in closing together (&), jump both feet out (5) [6.00]
- 6 - 8 With feet still apart jump forward 3 times (these jumps are more like chugs forward try not to take feet off floor and keep head same height) (6, 7, 8) [6.00]

START AGAIN, HAVE FUN!
