

First Class

拍数: 32 墙数: 4 级数: Intermediate / Advanced Funky
编舞者: Paul McAdam (UK) - September 2008
音乐: Glamorous (feat. Ludacris) - Fergie



Count in: Approximately 15 seconds into song

(1-8) PUSH BALL STEP & HEEL & CROSS, STEP ½ TURN, COASTER STEP

- 1&2 With feet together straighten legs and push back leaning forward slightly, step forward on right foot, step forward on left foot
- &3&4 Step right foot out to right side, touch left heel to left diagonal, step down on left foot, cross right foot slightly over left
- 5,6 Step forward on left foot, make a ½ turn left and step back on right foot
- 7&8 Step back on left foot, step right foot together, step forward on left foot

(9-16) RUNS X3, BALL STEP, 2X WALKS, RIGHT SHUFFLE

- 1&2 Keeping your steps small run forward 3 steps, right, left right, bending knees further as you run, so last step is a small lunge
- 3 Recover weight back onto left foot and straighten legs
- &4 Step back on ball of right foot, step forward on left foot
- 5,6 Walk forward on right foot, walk forward on left foot
- 7&8 Right shuffle forward

(&17-24) (&) ROCK & SIDE, KICK & POINT, STOMP KICK & HEEL & TOUCH

- &1&2 Step left foot to left diagonal, rock right foot behind left foot, recover weight onto left foot, step right foot to right side
- 3&4 Kick left foot forward, step left foot next to right, point right toe out to right side
- 5,6 Stomp right foot next to left (no weight), kick right foot forward
- &7&8 Step back on right foot, touch left heel forward, step left foot down, touch right toe next to left

(25-32) STUTTER PRESS, HIP BALL CROSS, SIDE TOUCH, ¾ TURN TOGETHER

- 1&2 Tap right toe slightly out to right side, tap right toe further out to right side, press right foot out to right side
- 3&4 Bump hips to left side, taking weight onto left foot, step back on ball of right foot, cross left foot over
- 5,6 Step right foot out to right side, touch left toe slightly to left side bumping hips to right
- 7&8 Make a ¼ turn right and step back on left foot, make a ½ turn right and step forward on right foot, step left foot together. (Because this last turn is quite quick you turn straight into the correct position to start the dance again almost falling into the push back ball step).

START AGAIN AND ENJOY!