

Umbrella

COPPER KNOB
STYLEDANCE

拍数: 32 墙数: 2 级数: Beginner Hip Hop
编舞者: Amy Christian (USA) - March 2010
音乐: Umbrella (Seamus Haji & Paul Emanuel Radio Edit) (feat. J-Z) - Rihanna



Intro: 64 Count on lyrics.

Kick, Out, Out, Arm Roll, Hitch, Touch, Pull, Twist ¼

1&2 Kick R foot fwd, Step R to R side, Step L foot to L side,
3&4 Roll R arm like a wave across the chest, going left,
5-6 Hitch R knee across L knee, Touch R foot out to R side,
7 Bring hands out to R side, pulling a imaginary rope,
8 Twist ¼ turn right, lean back slightly on L foot, (Weight on L foot, R foot is touching fwd),

Step Together, Look Up, Palms Out, Together, Swivel Out, Swivel In,

1-2 Step R next to L, Look up with Palms facing upwards (Feel the rain drops),
3-4 Step fwd on R, Step L next to R,
5&6 Swivel Heels Out, Swivel Toes Out, Swivel Heels Out (Feet are apart now),
7&8 Swivel Heels In, Swivel Toes In, Swivel Heels in, (Feet are together now),

Out, Out, In, In, Press & Slide, Press & Slide

1-4 Step Out, Out In, In,
5-6 Press the ball of R foot next to L, Slide L foot to L side,
7-8 Press the ball of R foot next to L, Slide L foot to L side,

Rocking Chair, ¾ turn Walk Around,

1-4 Rocking Chair,
5-8 Turning left, ¾ Walk around, R, L, R, L,
(On counts 5-8 pretend to hold an imaginary umbrella).

Start again!

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