

Fembot

拍数: 32 墙数: 4 级数: Novice / Beginner Funky
编舞者: Sofia Carlsson (SWE) & Moa Bäckström - May 2010
音乐: Fembot - Robyn



Notes: Arms and Intro are optional
Restart on 5 wall after 16 Counts

INTRO

- 1,2 Point your right thumb at your chest
3,4 Hold
5 Bend your knees slightly and put your arms out with elbow in shoulder level with forearms pointing straight up
6 Hold armposition and bend upperbody to the left
& Hold armposition and bend upperbody to the
7 Stand up straight and put your hands together forward while holding your hands like a gun
8 Hold
- 1 Pretend you are a robot and put your right elbow to the front, point your forearm diagonally up to the left with palm in front of your face, while your left elbow is pointing slightly diagonally down to the left with the forearm pointing diagonally down to the right, palm facing your body
2 Hold elbow positions but point your right forearm diagonally down to the left and your left forearm diagonally up to the right while twisting slightly your upperbody to the left
3,4 Hold
5,6,7,8 Stand up straight and shake upper body
- 1 Jump while crossing your right foot in front of your left foot, while moving your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest
2 Jump out and do the same arm movement to the opposite side
3,4 Hold
5,6 Shape a large heart with your hands in front of your face
7,8 Move your arms slightly out from your body and hold up your index- and middlefinger (like the peace sign)
- 1 Stand on your left leg, slightly bent, hook your right leg over your left knee, bend forward putting your left forearm on top of your right calf, put your right elbow on top of your left hand, lean your chin on your right fist
2,3,4,5,6 Hold position
7 Move your arms slightly from your body with palms up
8 Hold arm position and move your shoulders up then down

DANCE

SIDE, TOUCH, SIDE, TOUCH, HEEL, STEP, HEEL, STEP

- 1 step rf to right side
2 touch lf next to rf
3 step lf to left side
4 touch rf next to lf
5 put rf heel forward
6 step forward on rf
7 put lf heel forward
8 step forward on lf

(OPTIONAL ARMS:

- 1 move your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest
- & do the same arm movement to the opposite side
- 2 move your right arm straight out to the right and pointing your left elbow to the left with fist in front of your chest
- 3 bend knees and bend forward while dragging your right hand along the floor to the left
- 4 stand up straight and point your right elbow to the right side)

FLICK, KICK, STEP, JUMP, JUMP, STEP, CROSS, POINT, CROSS, POINT

- 1 flick rf behind left leg
- & kick rf to right side
- 2 step rf to right side
- 3 jump on rf turning $\frac{1}{4}$
- & jump on rf turning $\frac{1}{4}$
- 4 jump on lf
- 5 cross rf over lf
- 6 point lf to left side
- 7 cross lf over rf
- 8 point rf to the right side

(OPTIONAL ARMS)

- 2 – 4 hold elbows out in shoulder level with forearms diagonally up and palms out
- 6 point left arm forward and right arm straight back
- 7 swing right arm down and up like a circle
- 8 bring left arm straight up)

STEP, SWIVEL, BEHIND, SIDE, CROSS, UNWIND $\frac{3}{4}$

- 1 step rf to right side
- & swivel both heels to right
- 2 swivel both heels back
- 3 cross rf behind lf
- & step lf to right side
- 4 cross rf over lf
- 5-8 squat while turning $\frac{3}{4}$ to the left, rise

(OPTIONAL ARMS:

- 1 put fists together in front of your chest
- & twist upper body to the right while holding arm position
- 2 twist upper body to the front again)

HEELGRIND $\frac{1}{2}$, STEP, TOUCH, KICK-BALL-CHANGE, BODY ROLL

- 1 place right heel forward
- 2 turn $\frac{1}{2}$ to the right, stepping back on lf
- 3 step rf backward
- 4 touch lf next to rf
- 5 kick lr forward
- & step lf next to rf
- 6 step rf next to lf
- 7-8 body roll up

(Optional Arms:

- 1 Put Palms Out To The Right Side
- 2 Put Palms Out To The Left Side

5 Snap Your Fingers

7-8 Shape Your Right Hand Like A Gun And Make A Half Circle Forward Starting Next To Your Leg And Finish By Pointing Up.)
