

Flashdance

拍数: 40 墙数: 4 级数: Improver
编舞者: Adrienne Hart (USA) - August 2011
音乐: Flashdance...What a Feeling - Irene Cara : (Sound track Flashdance)



SHUFFLE FORWARD, STEP, PIVOT 1/2, SHUFFLE FORWARD, STEP, PIVOT 1/2

1&2 Step right forward, step left next to right, step right forward
3-4 Step left forward, pivot ½ right turn
5&6 Step left forward, step right next to left, step left forward
7-8 Step right forward, pivot ½ left turn

HIP BUMPS FORWARD, BACK, FORWARD, BACK

1-2-3-4 Bump right hip forward, back, forward, back

SHUFFLE FORWARD, STEP, PIVOT 1/2, SHUFFLE FORWARD, STEP, PIVOT 1/2

1&2 Step right forward, step left next to right, step right forward
3-4 Step left forward, pivot ½ right turn
5&6 Step left forward, step right next to left, step left forward
7-8 Step right forward, pivot ½ left turn

JAZZ BOX, JAZZ BOX

1-2-3-4 Step right across left, step left back, step right to right, step left next to right
5-6-7-8 Step right across left, step left back, step right to right, step left next to right

STEP FORWARD, BEND KNEE 2X, STEP FORWARD BEND KNEE 2X

1-4 Step & bend L knee twice, Step & bend L knee twice (2 counts on each side)

KICK, BALL, CHANGE, STEP FORWARD, PIVOT 1/4, STEP, STEP

1&2 Kick right forward, step right next to left, change weight to left
3&4 Kick right forward, step right next to left change weight to left
5-6 Step right forward, pivot ¼ left turn weight to left
7-8 Step right, step left

REPEAT
