

Goin' Commando

拍数: 32 墙数: 4 级数: Beginner
编舞者: Bracken Heidenreich (USA) - September 2011
音乐: Commander (feat. David Guetta) - Kelly Rowland



This is meant to be a beginner floor split for all those pop tracks out there. Enjoy!

32 count intro.

Heel, Touch, Slide, Touch (2X)

1,2 Tap Right heel forward; Touch Right next to left
3,4 Large step Right to right side; Touch Left next to right
5,6 Tap Left heel forward; Touch Left next to right
7,8 Large step Left to left side; Touch Right next to left

Push 1/4 turn left, Kick ball change, Kick ball change

1-2 Using ball of Right foot, push 1/8 turn left; Replace weight to Left
3-4 Using ball of Right foot, push 1/8 turn left; Replace weight to Left
5&6 Kick Right forward; & Step ball of Right slightly back; Step Left in place
7&8 Kick Right forward; & Step ball of Right slightly back; Step Left in place

Step Touches

1,2 Step Right to forward right diagonal; Touch Left next to right
3,4 Step Left to forward left diagonal; Touch Right next to left
5,6 Step Right to back right diagonal; Touch Left next to right
7,8 Step Left to back left diagonal; Touch Right next to left

V-Step (2X)

1,2 Step Right to forward right diagonal; Step Left to forward left diagonal
3,4 Step Right back to center; Step Left next to right
5,6 Step Right to forward right diagonal; Step Left to forward left diagonal
7,8 Step Right back to center; Step Left next to right

Begin Again and Have Fun!!!

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