

Figure It Out

拍数: 32 墙数: 2 级数: Novice / Intermediate
编舞者: Gerard Murphy (CAN) - June 2012
音乐: Party Rock Anthem (feat. Lauren Bennett & GoonRock) - LMFAO



(Try it contra to make it intermediate!)

Music Options:-

Moves Like Jagger by Maroon 5

On The Floor by Jennifer Lopez

Novice Pattern [Optional Variations]

- 1,2,3,4 Right toe strut forward, left strut forward
1&2,3&4 [Right shuffle forward, left shuffle forward]
5,6,7,8 Point right to right, step on right, point left to left, step on left
5&6&7,8 [Point right to right, step on right, point left to left, step on left, point right to right, touch right next to left]
- 1&2, 3&4 Right shuffle forward, left shuffle forward
5,6,7,8 Step right forward, pivot turn ¼ left onto left, Step right forward, pivot turn ¼ left onto left
- 1,2,3,4 Make a slight turn (1/8) left to the diagonal at ~ 5 o'clock: grapevine right traveling toward 7 o'clock – right, left, right, touch left next to right with a CLAP
1,2,&3,4 [Step right to right, step left behind right, step on ball of right, cross step left over right, step right to right]
5,6,7,8 Grapevine left traveling toward 1 o'clock: left, right, left, touch right next to left with a CLAP (you're still facing 5 o'clock!)
5,6,&7,8 [Step left to left, step right behind left, step on ball of left, cross step right over left, step left to left]
- 1,2,3,4 Walk forward on the diagonal toward 5 o'clock: right, left, right, touch left next to right
1,2,3&4 [Walk forward on the diagonal toward 5 o'clock: right, left; Kick right forward, step onto right, touch left next to right]
5,6,7,8 Walk backward on the diagonal: left, right, left (make a slight turn back to 6 o'clock), touch right next to left
5,6,7&8 [Walk backward on the diagonal: left, right; Coaster back – left, right, left (while making a slight turn back to 6 o'clock)]

Start over!

Contact: (902) 457-2774, murphydance@ns.sympatico.ca