

Like This

拍数: 96
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音乐: Like This - Wonder Girls

墙数: 1

级数: Phrased Intermediate



Intro: 32 counts - Sequence:A BBBB/ A BBBB/ A BB/ A Ending

A: 64 counts

(A1) Wobbling Knees , Heels Touch

1 - 4 Push knees in and out (4 times)
5 6 Touch R heel fwd . Step R in place .
7 8 Touch L heel fwd . Step L in place .

(A2) (Rock Forward , Toes Touch , Rock Back , Toes Touch) X2 (Shimmy Shoulder)

1 2 Rock R fwd .Touch L in place .(shimmy shoulder)
3 4 Rock L back . Touch R in place .(shimmy shoulder)
5 6 Rock R fwd . Touch L in place . (shimmy shoulder)
7 8 Rock L back . Step R beside L .(shimmy shoulder)

(A3) Wobbling Knees , Heels Touch

1 - 4 Push knees in and out (4 times) .
5 6 Touch R heel forward . Step R in place .
7 8 Touch L heel forward . Step L in place .

(A4) Twist 8 Counts in Place

1 - 4 Twist both toes to left . right , left , right in place .
5 - 8 Twist both toes to left , right , left , right in place .(down and up)

(A5) 1/4 Turn Right Walk (Skip) With Kicks

1 2 Turn 1/8 right kicking R forward . Step R forward .(1:30)
3 4 Kick L forward . Step L beside R ..
5 6 Turn 1/8 right kicking R forward . Step R forward .(3:00)
7 8 Kick L forward . Step L beside R . .

(A6) (Side , Hold , Together , Hold)With Shimmy Shoulder, Knees Pop (x4)

1 2 Step R to right (shimmy shoulder) . Hold .
3 4 Step L beside R (shimmy shoulder) . Hold .
5 - 8 Push knee in R , L , R , L .

(A7) Back , Hold , 1/4Turn Right , Hold , Twist (x4)

1 2 Step L back . Hold .
3 4 Turn 1/4 right stepping R to right . Hold .(6:00)
5 - 8 Twist both heels in place left , right , left , right .

(A8) Hip Bumps, Hold 3 Counts , Step , 1/ 4 Turn Left (twice) , Side

1 - 4 Bump hip to left and hold 3 counts for pose (weight onto L) .
5 6 Step R forward (6:00) .Turn 1/4 left stepping L forward (3:00) .(Run)
7 8 Turn 1/4 left stepping R to right (12:00) . Step L to left .

B : 32 counts

(B1) (Side , Together ,Side , Hold)X2

1 2 Step R to right . Step L beside R .
3 4 Step R to right . Hold .

5 6 Step L to left . Step R beside L .
7 8 Step L to left . Hold .

(B2) Jazz Box (twice)

1 2 Cross R over L . Step L back .
3 4 Step R to right . Step L forward .
5 - 8 Repeat 1 - 4

(B3) Swivel Heels L , R, L , Clap ,Swivel Heels R , L ,R , Clap

1 - 4 Swivel both heels to L , R , L , clap.
5 - 8 Swivel both heels to R , L , R , clap .

(B4) Rocking Chair , 1/4 Turn Left Heels Bounce

1 2 Rock R forward . Recover onto L .
3 4 Rock R back . Recover onto L .
5 - 8 Step R forward while bouncing both heels 1/4 left 4 counts .(9:00)

Ending : Hip Bumps, Hold 3 Counts , Forward , 1/4 Turn Left (twice) , Side , Pose

1 - 4 Bump hip to right and hold 3 counts for pose (weight onto R) .(6:00)
5 6 Step L forward (6:00) . Turn 1/4 left stepping R forward(3:00) . (Run)
7 8 Turn 1/4 left stepping L forward (12:00) . Step R to right .
9 Pose for ending
