

Cups

拍数: 32 墙数: 2 级数: Intermediate
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音乐: Cups (Movie Version) - Anna Kendrick



Side, Kick & Kick & Touch Touch, 1/4 Turn, Body Roll

1 Step R to R
2&3& Kick L forward, step L next to R, Kick R forward, Step R next to L
4&5 Touch L to left Side, Touch L next to R, ¼ turn left stepping L forward (9 O'clock)
6-7-8 Body Roll forward starting from head down to feet

Ball Step, Heel & Hitch & Switch, Bump Bump, Slow 3/8 Turn

&1 Step R forward, Step L forward (no weight on L foot)
2&3&4 Swivel L heel to left, Heel back to center, Hitch L knee, Step L next R, Touch R forward
&5 Bump hips up to right, Bump down center
6-7-8 Slow 3/8 turn left, transferring weight onto R foot (4:30)

Ball step, walk, shuffle, rock, recover, shuffle back

&1-2 Step L next R, Step R forward, Walk L forward
3&4 Step R forward, Step L next R, Step R forward
5-6 Rock L forward, Recover back onto R
7&8 Step L back, Step R next L, Step L back

Sweep, rock back, step and turn

1-2 Step R back sweeping L foot from front to back over 2 counts
3-4 Rock L back, Recover forward onto R
5-6-7-8 Step L forward, Slow (slightly more than) Full Turn to right on both feet, squaring up to
6 O'clock. Feet finish crossed R in front of L. with weight on L foot. (6 O'clock)

REPEAT AND ENJOY !

TAG after 2nd wall, facing 12 O'clock

Side, Arms

1 Step R to right, feet apart with R arm raised and bent so that R hand is horizontal across chest, palm down and fingers pointing to the left
2&3&4& With L hand tap twice on R fingers (2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)
5 Bring L hand quickly round to Tap under R fingers, sending R forearm into a clockwise circle (keeping the arms bent, only the R forearm moves)
6-7-8 Complete clockwise circle with R forearm over 3 counts, finishing with R hand under L

Ball Side, Arms, Ball (Side)

&1 Step R next L, Step L to L side, both arms are now bent in front of your chest, palms facing floor, R hand under L
2&3&4& Bring R hand quickly out from under L and tap twice on L fingers (2&), Tap forearm (3), Tap elbow (&), Tap forearm (4), Tap fingers (&)
5 Bring R hand quickly round to Tap under L fingers, sending L forearm into a counterclockwise circle (keeping the arms bent, only the L forearm moves)
6-7-8 Complete clockwise circle with L forearm over 3 counts, with L hand finishing under R
&1 Step L next R, Step R to right side. (This is the first step (1) of the main dance)