

If U Slip U Slide

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dwight Meessen (NL) - October 2014
音樂: If U Slip U Slide (You Could Be Mine) (feat. Melissa Musique) - Shaggy



Starts from 17 seconds of the clip

RF Bump, &, RF Bump, LF Bump, &, LF Bump, Jazz box ¼ Turn Right

1&2 RF toe diagonal bump hip right, (&)bump hip left, bump hip right
3&4 LF toe diagonal bump hip left, (&)bump hip right, bump hip left
5,6,7-8 Cross RF over LF, turn 1/4 to the right and step LF back, step RF to right side, cross LF over RF(3.00)

Side, Drag, Ball, Cross, Touch, Cross, Samba, Cross, Samba

1-2 Step RF to right side, drag LF next to RF
&3-4 Step down on ball of LF, cross RF over LF, touch LF to left side
5&6 Cross LF over RF, (&)rock RF to right side, recover weight on LF
7&8 Cross RF over LF, (&)rock LF to left side, recover weight on RF

LF Rock Forward, Recover, Shuffle ½ Turn Left, RF Side Rock, Recover, Behind, Side, Cross

1-2 Rock LF forward, recover weight on RF
3&4 Shuffle 1/2 turn left stepping left, right, left(9.00)
5-6 Rock RF out to right side, recover weight on LF
7&8 Step RF behind LF, (&)step LF to left side, cross RF over LF

LF Side Rock, Recover, Behind, Side, Forward, Pivot ½ Turn Left, Full Turn Forward Left

1-2 Rock LF out to left side, recover
3&4 Step LF behind RF, (&)step RF to right side, step LF forward
5-6 Step RF forward, RF+LF pivot 1/2 turn left(3.00)
7-8 Step 1/2 turn forward step back on RF(left), step 1/2 turn forward step forward on LF(left)

Cross, Touch,&, Touch, RF Hook ¼ Turn Right, RF Shuffle Forward, pivot ¼ Turn Right

1 -2 Cross RF over LF, touch LF to left side
&3-4 (&)Step LF next to RF, touch RF to right side, hook RF 1/4 turn right(6.00)
5&6 Step RF forward, (&)step LF next to RF, step RF forward
7-8 Step LF forward, LF+RF pivot 1/4 turn right(9.00)

LF Cross Rock, Recover, LF Cross, RF Flick, RF Cross Rock, Recover, RF Cross, LF Flick

1 -2 Cross rock LF over RF, recover weight on RF
3-4 Cross LF over RF, flick RF back
5-6 Cross rock RF over LF, recover weight on LF
7-8 Cross RF over LF, flick LF back

LF Shuffle Forward, RF Rock Forward, Recover, Shuffle ½ Turn Right, LF Shuffle Forward

1&2 Step LF forward, (&)step RF next to LF, step LF forward
3-4 Rock RF forward, recover weight on LF
5&6 Shuffle 1/2 turn right stepping right, left, right(3.00)
7&8 Step LF forward, (&)step RF next to LF, step LF forward

RF Side, Hold, &, Touch, LF Side, Hold, &, Touch

1-2 Step RF to right side, hold
&3-4 (&) Step LF next to RF, step RF to right side, touch LF next to RF
5-6 Step LF to left side, hold

&7-8 (&)Step RF next to LF, step LF to left side, touch RF next to LF

Have Fun!

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