

Drop Ya Glasses

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Paul McAdam (UK) - November 2014
音樂: Let Me Blow Ya Mind (feat. Gwen Stefani) - Eve : (Album: Ministry of Sound Hip Hop Anthems 3)



Intro Approximately 2 seconds into track as beat kicks in (VERY QUICK INTRO)

[1-8] POINT, SWIVEL 1/4 TURN, 1/4 TURN PRESS & TOUCH, 1/4 TURN, STEP, 1/2 TURN, STEP LOCK STEP

- 1,2 Point right toe forward, make a 1/4 turn left as you sweep right toe back and swivel left heel in (weight on left foot)
- &3&4 Make a 1/4 turn right pivoting on left foot and taking weight on ball of right foot with bent right knee, push right heel down, step left foot to left side, touch right toe next to left
- 5 Make a 1/4 turn right and step forward on right foot
- 6&7 Step forward on left foot, pivot 1/2 turn right, step forward on left foot
- &8 Lock right foot behind left, step forward on left foot

[9-16] 1/2 TURN CROSS, SIDE ROCK CROSS, JAZZ BOX 1/4 TURN, STEP LOCK STEP, 1/4 TURN WEAVE

- &1 Make a 1/2 turn left and step back on right foot, cross left foot over right
- 2&3 Rock right foot to right side, recover weight onto left foot, cross right foot over left
- 4,5 Step back on left foot, make a 1/4 turn right and step forward on right foot
- 6&7 Step forward on left foot, lock right foot behind left, step forward on left foot
- &8& Make a 1/4 turn left and step right foot to right side, cross left foot behind right, step right foot to right side

[17-24] CROSS SIDE KICK, CROSS UNWIND TOUCH, CROSS, SIDE, BEHIND 1/4 TURN, STEP FORWARD

- 1 Cross left foot over right as you kick right foot a low kick out to right side
- 2&3 Cross right foot over left, unwind a full turn left, touch right toe out to right side
- 4,5 Cross right foot over left, step left foot to left side
- 6&7 Cross right foot behind left, make a 1/4 turn left and step forward on left foot, step forward on right foot
- 8 Step forward on left foot

[25-32] HIP BUMPS, TOGETHER, SIDE ROCK 1/2 TURN

- 1,2 Step right foot to right side and bump right hip up to right side, bump left hip up to left side
- 3,4 Bend knees slightly and bump right hip down to right side, bump left hip down to left side
- 5 Step right foot next to left
- 6&7& Rock left foot out to left side, recover weight onto right, make a 1/4 turn right and rock left foot out to left side, recover weight onto right
- 8& Make a 1/4 turn right and rock left foot out to left side, recover weight onto right foot

[33-40] CROSS WALKS X3, STEP 1/2 STEP, STEP LOCK STEP

- 1,2,3 Heading towards 07.30 but on your first step cross left over right (body facing 06.00 heading towards 07.30), walk forward right foot (face 07.30), cross left over right (face 06.00)
- 4,5 Walk forward right (face 07.30), cross left over right (face 06.00)
- 6&7 Step forward on right foot (facing 07.30), pivot 1/2 turn left (face 01.30), step forward right
- &8& Facing 01.30 Step forward on left foot, lock right foot behind left, step forward on left foot

[41-48] HIP BUMP 1/2 TURNS, SWEEP, CROSS ROCKS

- 1&2 Make an 1/8 of a turn left to face 12.00 step right foot to right side bumping right hip to right side, bump hip to left side, make a 1/4 turn left and step back on right foot
- 3&4 Make a 1/4 turn left step left foot to left side and bump left hip left, bump right hip to right side, make a 1/4 turn left and step forward on left foot
- 5 Sweep right foot forward
- 6&7 Cross right foot over left foot, step back on left foot, step right foot to right side
- &8& Cross rock left foot over right, recover weight onto right, step left foot to left Side

START AGAIN AND ENJOY!
