

Slave to The Rhythm

拍數: 32 牆數: 4 級數: Improver
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音樂: Slave to the Rhythm - Michael Jackson



Intro: Start on vocal

KICK FORWARD, STEP, BOUNCE 1/4 TURN, WALK, HEEL STEP

1-2 Kick right forward to left(1), step right to right (2)

Note: □ You can do the Michael Jackson Kick

3-4 Bounce feet twice making 1/4 left (3,4) (weight on left) (9.00)

5-6 Walk forward right (5), walk forward left(6)(9.00)

7-8 Touch right heel forward (7), step right back(8)

POINT BACK , 1/4 TURN , HOLD,CROSS, TOUCH KNEE TWIST

1-2 Touch left back (1), turn 1/4 left transferring weight onto left(2) (6.00) (feet apart)

3 Hold (3)

&4 Step right beside left (&), cross left over right (4)

5 Touch right slightly diagonally forward right (5), (Heels are slightly of the ground)

6-8 Twist right heel to right (6), Twist right heel to left (7), Twist right heel to right (8)(weight on left)

V STEP, PIVOT 1/2, PIVOT 1/2

1-2 Step right forward to right (1), step left forward to left (2),

3-4 Step right back (3). Step left beside right(4)

5-6 Step right forward(5), pivot 1/2 left(6) (weight on left) (12.00)

7-8 Step right forward(7), pivot 1/2 left(8) (weight on left) (6.00)

MOVING FORWARD TOE SHRUTS, KICK BALL CHANGE,PIVOT 1/4

1-2 Touch right forward (1), step right down(2)

3-4 Touch left forward (3), step left down (4)

Note: Snap fingers on counts 2&4

5&6 Kick right forward (5), step right beside left(&), step left beside right(6)

7-8 Step right forward (7), pivot 1/4 left (8) (weight on left)

Restart