

Mr Put It Down

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Ross Brown (ENG) - May 2015
音樂: Mr. Put It Down (feat. Pitbull) - Ricky Martin : (CD: Mr. Put It Down - Single)



Intro : 17 Counts (Approx. 8 Seconds)

S1: WALK FORWARD. KICK BALL POINT. BALL POINT. SLIDE TOGETHER ¼ TURN R. STEP, LOCK, STEP.

- 1 – 2 Walk forward; right, left.
- 3 & 4 & Kick right foot forward, step right next to left, point left to the left, step left next to right.
- 5 – 6 Point right to the right, make a ¼ turn right sliding right together. (Weight ends on right)
- 7 & 8 Step forward with left, lock right behind left, step forward with left. (3 O'CLOCK)

S2: STEP, PIVOT ½ TURN L. STEP, LOCK, STEP. PRESS FORWARD. SIDE ¼ TURN L, SIDE POINT.

- 1 – 2 Step forward with right, pivot a ½ turn left.
- 3 & 4 Step forward with right, lock left behind right, step forward with right.
- 5 – 6 Press forward with left, recover onto right
- 7 – 8 Make a ¼ turn left stepping left to the left, point right to the right. (6 O'CLOCK)

S3: ROLLING VINE FULL TURN R into CHASSE RIGHT, TOUCH. OUT, OUT. STEP ¼ TURN L, SIDE ¼ TURN L.

- 1 – 2 Make a ¼ turn right stepping forward with right, make a ½ turn right stepping back with left.
- & 3 Make a ¼ turn right stepping right to the right, step left next to right.
- & 4 Step right to the right, touch left next to right
- 5 – 6 Step left to the left (pushing hip out), step right to the right (pushing hip out).
- 7 – 8 Make a ¼ turn left stepping forward with left, make a ¼ turn left stepping right to the right. (12 O'CLOCK)

S4: BEHIND, STEP ¼ TURN R. MAMBO FORWARD. BACK, BUM ROLL. BALL, TOUCH BACK, UNWIND ½ TURN R.

- 1 – 2 Cross step left behind right, make a ¼ turn right stepping forward with right.
- 3 & 4 Rock forward with left, recover onto right, step back with left.
- 5 – 6 Step back with right, roll bum downwards or hold for Count 6.
- & 7 – 8 Step left next to right, touch back with right, unwind a ½ turn right. (Weight ends on right). (9 O'CLOCK)

S5: SIDE, BEHIND. SIDE, CROSS, SIDE, HEEL. BALL CROSS. BACK ¼ TURN L, SIDE ¼ TURN L. CROSS.

- 1 – 2 Step left to the left, cross step right behind left.
- & 3 & 4 Step left to the left, cross step right over left, step left to the left, tap right heel to right diagonal.
- & 5 – 6 Step right next to left, cross step left over right, make a ¼ turn left stepping back with right.
- 7 – 8 Make a ¼ turn left stepping left to the left, cross step right over left. (3 O'CLOCK)

S6: SIDE, BEHIND. SIDE, CROSS, SIDE, HEEL. BALL CROSS. BACK ¼ TURN L, SIDE ¼ TURN L. CROSS.

- 1 – 8 Repeat ALL of Section 5. (9 O'CLOCK)

S7: SIDE, DRAG. BALL, CROSS SHUFFLE. (½ TURN R) JAZZ BOX with CROSS.

- 1 – 2 Step left a large step to the left, drag right up to left.
- & 3 & 4 Step right next to left, cross step left over right, close right up to left, cross step left over right.
- 5 – 6 Make a ½ turn right stepping right foot across left, step back with left.

7 – 8 Step right to the right, cross step left over right. (3 O’CLOCK)

S8: HIP BUMPS. HIP BUMPS ¼ TURN L. X3.

1 & 2 Step right to the right and bump hips; right, left, right.

3 & 4 Make a ¼ turn left stepping left to the left and bumping hips; left, right, left.

5 & 6 Make a ¼ turn left stepping right to the right and bumping hips; right, left, right.

7 & 8 Make a ¼ turn left stepping left to the left and bumping hips; left, right, left. (6 O’CLOCK)

END OF DANCE!

TAG : At the End of Wall 5, dance the Tag (facing 6 o’clock).

1 – 2 – 3 – 4 Step forward and out with right, step out with left, step back with right, step left next to right.

5 & 6 Step forward with right bumping hips; forward, back, forward.

7 & 8 Step forward with left bumping hips; forward, back, forward.

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