

It's Like That

拍數: 80 牆數: 4 級數: Intermediate
編舞者: Agnethe Hansen (DK) - July 2015
音樂: It's Like That - RUN-DMC vs. Jason Nevins



Intro: Start after 16 count

S1: Heel and Toe x 2 – Heel switches x 4

1 & 2 Dig right heel forward, step right in place, Touch left toe beside right
3 & 4 Dig left heel forward, step left in place, Touch right toe beside left
5& 6& Dig right heel forward, step right in place, dig left heel forward, step left in place
7& 8& Dig right heel forward, step right in place, dig left heel forward, step left in place

S2: Side touch x 2 – ¼ turn side touch – Side touch

1 – 2 Bend knee down stepping to right side, raise up and touch left toe beside right
3 – 4 Bend knee down stepping to left side, raise up and touch right toe beside left
5 – 6 ¼ turn left, bend knee down stepping to right side, raise up and touch left toe beside right
7 – 8 Bend knee down stepping to left side, raise up and touch right toe beside left

S3: Out – Out – In – In x 2

1 – 2 Step forward on right heel, slightly to right side. Step forward on left heel, slightly to left side
3 – 4 Step back in place on right, step back in place on left
5 – 6 Step forward on right heel, slightly to right side. Step forward on left heel, slightly to left side
7 – 8 Step back in place on right, step back in place on left

S4: Side touch x 2 – ¼ turn side touch – Side touch

1 – 2 Bend knee down stepping to right side, raise up and touch left toe beside right
3 – 4 Bend knee down stepping to left side, raise up and touch right toe beside left
5 – 6 ¼ turn left, bend knee down stepping to right side, raise up and touch left toe beside right
7 – 8 Bend knee down stepping to left side, raise up and touch right toe beside left

S5: Out – Out – Hop x 2 – Body roll – Paddleturns x 2

1 – 2 Step forward on right slightly to right side, step forward on left slightly to left side
3 – 4 Weight on both feet and hop forward twice
5 – 6 Hop in place both feet together, bending knee and roll up you body lifting arms
7& – 8& Touch right toe forward paddle ¼ turn left, weight on left foot, Touch right toe forward paddle
¼ turn left, weight on left foot

S6: Step point x 2 – Sailor step – Sailor ¼ turn

1 – 2 Step forward on right foot and point left foot to left side
3 – 4 Step forward on left foot and point right foot to right side
5 & 6 Cross right foot behind left, Step left foot to left side, step right foot to right side
7 & 8 Cross left foot behind right, Step right foot to right side ¼ turning left, step left foot forward

S7: Heel jacks x 2 □

1 – 2 Step right foot to right side, Cross left foot behind right foot
&3 – &4 Step right foot slightly diagonally backwards, touch left heel diagonally forward to left side,
step left foot beside right foot and cross right foot over left
5 – 6 Step left foot to left side, Cross right foot behind left foot
&7 – &8 Step left foot slightly diagonally backwards, touch right heel diagonally forward to right side,
step right foot beside left foot and cross left foot over right

S8: K-Steps

- 1 – 2 Step right foot diagonally forward, touch left toe next to right
- 3 – 4 Step left foot diagonally backwards, touch right toe next to left
- 5 – 6 Step right foot diagonally backwards, touch left toe next to right
- 7 – 8 Step left foot diagonally forward, touch right toe next to left

Restart on wall 5

S9: Step forward – shake knee – step ½ turn x 2

- 1 – 2 Step right foot forward, step left foot beside right (with legs slightly spread)
- 3 – 4 Bend knee and shake twice
- 5 – 6 Step forward on right foot, ½ turn left on ball
- 7 – 8 Step forward on right foot, ½ turn left on ball

S10: Step forward – shake knee – step ½ turn x 2

- 1 – 2 Step right foot forward, step left foot beside right (with legs slightly spread)
- 3 – 4 Bend knee and shake twice
- 5 – 6 Step forward on right foot, ½ turn left on ball
- 7 – 8 Step forward on right foot, ½ turn left on ball

Contact ~ Mail: agnethe58hansen@hotmail.com - Website: agnethe58hansen.dk
