

Worth It

拍數: 32 牆數: 2 級數: Newcomer / Novice
編舞者: Kitija Vāvere (LAT) - August 2015
音樂: Worth It (feat. Kid Ink) - Fifth Harmony



STEP, FLICK, STEP SIDE, HEEL TWIST, STEP ¼ L, STEP TOGETHER, SHOULDER ROLL, HEEL TWIST, ARM MOVEMENT

- 1 RF □ Step forward
- & LF □ Flick behind RF
- 2 LF □ Step to L
- & LF □ Bring heel in
- 3 LF □ Step on foot ¼ to L
- & RF □ flick back
- 4 RF □ Step beside LF
- 5 Bring left shoulder down, right shoulder up, making circle with chest (counterclockwise)
- 6 Bring right shoulder down, left shoulder up, finishing circle with chest
- 7 RF □ Step to R
- & RF Twist heel out, pushing right arm to R with left arm
- 8 Twist heel in, bring arm back
- & Bring weight on RF, LF step next to RF, bringing both hands straight in front of chest (L arm over R arm)

PAUSE, HEAD MOVEMENT, BIG STEP ¼ L, TOUCH, KNEE BEND R,L,R 2X

- 9 Pause
- 10 Head wave (like saying □ “hey”)
- 11 LF □ Step big step 1/4 L, bring both hands down □ (6:00)
- 12 RF □ Touch next to LF
- 13 RF □ Bend knee diagonally R □ (with L arm brush R shoulder)
- 14 LF □ Bend knee diagonally L (with R arm brush L shoulder)
- 15 RF □ Bend knee diagonally R □ (punch R arm to R, and L arm forward)
- 16 RF □ Bend knee diagonally □ R (punch R arm to R, and L arm forward)

STEP, TOUCH R, STEP, TOUCH L, STEP, TOUCH R, STEP, TOUCH L

- 17 RF □ Step diagonally to R
- 18 LF □ Touch behind RF
- 19 LF □ Step diagonally to L
- 20 RF □ Touch behind LF
- 21 RF □ Step diagonally to R
- 22 LF □ Touch behind RF
- 23 LF □ Step diagonally to L
- 24 RF □ Touch behind LF

STEP R, STEP L, ARM MOVEMENT, BEND KNEES, BRING BODY UP, BODY ROLL DOWN

- 25 RF □ Step to R (hit R arm down on R side)
- 26 LF □ Step to L (hit L arm down on L side)
- 27 Bring bent R arm in front of □ chest
- 28 Bring bent L arm in front of chest
- 29 Bend knees and make circle with upper body clockwise down (hands stay in front of chest)
- 30 Bring body up ending circle, legs straight
- 31 LF □ Step next to RF
- 32 Body roll down, bringing both hands down on side

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