

Tricky Tricky

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner Hip Hop
編舞者: Britt Beresik (USA) - February 2016
音樂: It's Tricky - Run-DMC



Part 1 - Back Crosses

[1 '8 count']

- 1-2 Step wide R, Tap L behind R
- 3-4 Step wide L, Tap R behind L
- 5-6 Step wide R, Tap L behind R
- 7-8 Step wide L, Tap R behind L

***optional arms: for each set- punch arms to side on first count, then cross punch arms on second count**

Part 2 - Twist and Turn

[1 '8 count']

- 1 Step R foot out to R while twisting both heels to the R
- &2&3& Twist heels quickly- L R L R L
- 4 Hitch L knee up
- 5-6 Step forward L w/ Pivot ¼turnR
- 7-8 Step forward L w/ Pivot ¼turnR [6:00]

Part 3 - Slow Running Man

1 '8 count']

- 1-2 Rock L back, recover R forward
- 3&4 Rock L back (hitching R knee), Recover R, Rock L back (hitching R knee)
- 5-6 Rock R back, recover L forward
- 7&8 Rock R back (hitching L knee), Recover L, Rock R back (hitching L knee)

Part 4 - Kicks

[1 '8 count']

- 1-2 Kick L, Kick R
- 3-4 Kick L Kick L
- 5-6 Kick R, Kick L
- 7-8 Kick R Kick R

Repeat all parts until song ends!

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