

Like So

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kayla Cosgrove (USA) - September 2017
音樂: Like So (feat. Gregor Salto & DJ Buddha) - Angela Hunte & Machel Montano



HEEL GRIND, BACK SIDE, HEEL GRIND, BACK SIDE, STEP ½ TURN, SYNCOPATED ROCKING CHAIR

1,2 Place R heel over L(1) Grind R heel and turn toes to R as you step L slightly back to L(2)
&3,4 Bring R in(&) Place L heel over R(3) Grind L heel and turn toes to L as you step R slightly back to R(4)

Easy option 1-4: Place R heel fwd (1) Hold(2) Bring R in(&) Place L heel fwd(4)

&5,6 Bring L in(&) Step R fwd(5) ½ L stepping fwd onto L(6) (6:00)

7&8& Rock R fwd(7) Recover to L(&) Rock R back(8) Recover to L(&)

Easy Option: Touch R fwd(7) Touch R back(8)

CROSS SAMBA X2, STEP ¼ LEFT, FULL TURN RIGHT

1&2 Step R across L(1) Rock L to L side(&) Recover weight or R in place(2)

Easy Option: Step R across L(1) Point L to L(2)

3&4 Step L across R(3) Rock R to R side(&) Recover weight to L in place(4)

Easy Option: Step L across R(3) Point R to R side(4)

5,6 Step R fwd(5) ¼ L shifting weight to L(6) Think of this as a prep (3:00)

7&8 On the spot, turn ¼ R on R(7) ½ R stepping L slightly back(&) ¼ R stepping R across L(8) (3:00)

Note: This is a full triple turn in place, ending in a cross.

Easy Option: Step R behind L(7) Step R to R side(&) Cross R over L(8) (3:00)

STOMP LEFT, HOLD, SLOW BODY ROLL, JUMP CROSS/UNCROSS, CHEST ROLL/BOOTY POP/DANCERS CHOICE

1,2 Stomp L to L and look to L angle of the room(1) Hold(2)

3,4 Body roll top to bottom over 2 counts, weight stays left (3,4)

5,6 Jump and cross L over R(5) Jump and uncross feet weight to L(6)

Option: Touch L across R(5) Step L to L with weight(6)

7,8 Option 1: Roll ribcage counter clockwise 1 full rotation(7) 1 full rotation(8) (3:00)

Option 2: Booty Pop – bending the knees slightly pop booty back x2 (7,8)

Option 3: Whatever you want! I wanted to do so many different things here, do that feels right for you!

Just make sure you end weight to left.

STEP ½ TURN, FULL TURN, SHUFFLE STEP, KICK CROSS ROCK RECVOER

1,2 Step R fwd(1) ½ turn L stepping fwd onto L(2) (9:00)

3,4 ½ turn L stepping back on R(3) ½ turn L stepping L fwd(4) (9:00)

Easy Option: Walk fwd R(3) Walk fwd L(4)

5&6 Step R fwd(5) Bring L together(&) Step R fwd(6)

7&8& Kick L fwd(7) Step down on L as you cross over R(&) Rock back on R(8) Recover fwd on L(&)

Easy Option: Kick L fwd(7) Step down on L(&) Touch R slightly to R(8)(9:00)

TAG 1: End of wall 2 (6:00) & End of wall 6 (6:00) (1st 2 times you hit the back wall – do your Tag)

WALK X2, KICK OUT OUT, STANKY LEG X4

1,2&3&4 Walk fwd R(1) Walk fwd L(2) Kick R fwd(3) Step down R(&) Step L out bending L knee and leaning to L side(4)

5&6&7&8 Bring both hands to L Knee as you lean to L side and swivel R heel out(5) Swivel R heel in(&)Clap as you swivel R heel out R heel out(6) Swivel R heel on(&) Clap as you swivel R heel out(7) Swivel R heel in(&) Clap as you swivel R heel out(8)

TAG 2: "Tag Around The Room" End of Wall 10 (6:00) (Almost the same as the above Tag)

WALK X2, KICK OUT OUT, STANKY LEG X3, 1/4

1,23&4 Walk fwd R(1) Walk fwd L(2) Kick R fwd(3) Step down R(&) Step L out bending L knee and leaning to L side(4)

5&6&7&8 Bring both hands to L Knee as you lean to L side and swivel R heel out(5) Swivel R heel in(&) Clap as you swivel R heel out R heel out(6) Swivel R heel on(&) Clap as you swivel R heel out(7) Step down on R(&) ¼ L as you step down on L(8)

NOTE: You do this 4x and go all the way around the room, then dance the base dance to the end of the song. Option to face front for ending.
