

Mia

拍數: 32 牆數: 4 級數: Improver Reggaeton
編舞者: Christina Yang (KOR) - February 2019
音樂: MIA (feat. Drake) - Bad Bunny



Start the dance after 16 counts

SECTION 1: LIFT LF HEEL AND HIP WHILE LF SIDE TOUCH, LIFT RF HEEL AND HIP WHILE LF REPLACE, LIFT LF HEEL AND HIP WHILE RF REPLACE, HEEL REPLACE WITH HIP DOWN, LIFT LF HEEL AND HIP, LIFT RF HEEL AND HIP WHILE LF REPLACE, LIFT LF HEEL AND HIP WHILE RF REPLACE, LIFT RF HEEL AND HIP WHILE LF REPLACE, HEEL REPLACE WITH HIP DOWN, LIFT RF HEEL AND HIP

- 1-2 LF side touch and lift L hip while lifting LF heel to outside, LF replace and RF side touch with lift R hip while lifting RF heel to outside
- 3&4 RF replace and lift L hip while lift LF heel to outside, heel replace with hip down, L hip while lift LF heel to outside
- 5-6 LF replace and lift R hip while lift RF heel to outside, RF replace with lift L hip while lifting LF heel to outside
- 7&8 LF replace and lift R hip while lifting RF heel to outside, heel replace with hip down, lift R hip while lifting RF heel to outside

SECTION 2: BACK SHUFFLE INCLUDING SWEEP AND HIP BUMP, BACK SHUFFLE INCLUDING SWEEP AND HIP BUMP, BACKWARD MAMBO, FORWARD SHUFFLE

- 1&2 RF backward, LF step in front of RF, RF backward and lift L hip while LF sweep from front to back
- 3&4 LF backward, RF step in front of LF, LF backward and lift R hip while RF sweep from front to back
- 5&6 RF backward rock, LF recover, RF forward
- 7&8 LF forward, RF closed to LF, LF forward

SECTION 3: 4 TIMES LIFT R HIP WHILE 1/2 TURN TO L WITH SWIVEL, 2 TIMES OF SAMBA STEPS

- 1-4 (Lift R hip while 1/8 turn to L with LF swivel and hip down with RF toe touch) x 4
- 5&6 RF cross over LF, LF side rock, RF recover
- 7&8 LF cross over RF, RF side rock, LF recover

SECTION 4: STEP AND FLICK, REPLACE, 2 TIMES OF HIP ROLLING TO CLOCKWISE, 2 TIMES OF HIP ROLLING TO COUNTERCLOCKWISE, 1/4 TURN TO L WITH SIDE MAMBO

- 1-2 RF step and LF flick to diagonal backward, LF replace
- 3-4 Hip rolling to clockwise, Bend both knees while hip rolling to clockwise (like sitting in a chair)
- 5-6 Hip rolling to counterclockwise, straight both knees while hip rolling to counterclockwise
- 7&8 1/4 turn to L with RF side rock, LF recover, RF closed to LF

RESTART

On the 2nd, 5th wall, you will dance to 16 counts and start again. In this time, you will change the last step instead of forward shuffle.

The changing step is forward rock, recover, together.