

Drop It

拍數: 32 牆數: 4 級數: Improver
編舞者: Mark Paulino (USA) - October 2020
音樂: 4 Wheel Low - Franklin Embry : (New Country Rap Hick Hop 2018)



Intro - 14 seconds

STEP, FRONT FLICK, STEP, BACK FLICK, STEP, BACK FLICK, STEP, FRONT FLICK

- 1,2 Neutral step with right foot, raise left foot in front of right leg and slap left heel with right hand
- 3,4 Neutral step with left foot, raise right foot behind of left leg and slap right heel with left hand
- 5,6 Neutral step with right foot, raise left foot behind of right leg and slap left heel with right hand
- 7,8 Neutral step with left foot, raise right foot in front of left leg and slap right heel with left hand

SIDE, BEHIND, DROP-HIP BUMP, ¼ TURN RECOVER, STEP BACK, STEP BACK, TOUCH, HOLD

- 1,2 Right foot side step, cross left foot behind right
- &3,4 Bend knees as you side step with the right foot (&), right hip bump into an upright position (3), ¼ turn clockwise and recover back onto the left foot (4)
- 5,6 Right foot steps back, left foot steps back
- 7,8 Right foot ball touch besides left, hold

SIDE STEP & SHAKE IT, TOGETHER, SIDE STEP & SHAKE IT, TOGETHER

- 1,2 Big side step with the right foot and shake what your mama gave ya
- 3,4 Left foot ball touch besides right
- 5,6 Big side step with left foot and shake what your mama gave ya
- 7,8 Right foot ball touch besides left

¼ TURN DROP, ¼ TURN RECOVER, STEP FORWARD PIVOT TURN, DIAGNOL FORWARD, SIDE STEP, TWO COUNT GRIND

- 1,2 ¼ turn clockwise with a right side step bending knees, ¼ turn counterclockwise recovering back on the left foot in an upright position
- 3,4 Step with right foot forward then turn 180° on the balls of both feet in the counter clockwise ending with weight shift on the left foot
- 5,6 Step diagonally forward with right foot, side step with left foot
- 7,8 Two count grind/freestyle (Have fun with it!)

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