

Drop That Thing

拍數: 32 牆數: 2 級數: Improver
編舞者: Paul Steinborn (DE) - May 2023
音樂: High Horse - Nelly, BRELAND & Blanco Brown



R1. Restart: in 3rd wall, after 8 counts with a step change

R2. Restart: in 6th wall, after 16 counts

[1-8] Side, Behind, Side, Heel-Ball-Cross, ¼ Turn L, ½ Turn, Coaster Step

1 2 & Step RF to side (1), Cross LF behind RF (2), Step RF to side (&),
3 & 4 Touch L heel diagonal forward (3), Step LF next to RF (&), Cross RF over LF (4),
5 6 ¼ Turn L and step LF forward (5), ½ Turn L and step RF backwards (6),
7 & 8 Step LF backwards (7), Step RF next to LF (&), Step LF forward (8),

R1. Restart: Step Change for counts 7 & 8

Cross LF behind RF (7), ½ turn L and step RF to side (&), Step LF forward (8)

[9-16] Toe Strut with Hip Bump R, Toe Strut with Hip Bump L, Jazz Box ¼ Turn R

1 2 Touch RF forward and push hip diagonal forward (1), Drop R heel (2),
3 4 Touch LF forward and push hip diagonal forward (3), Drop L heel (4),
5 6 Cross RF over LF (5), Step back on LF with ¼ Turn R (6),
7 8 Step RF to side (7), Step LF forward (8),

OPTION: Count 5-8 → when the music say "Drop That Thing" you can bend both knees.

R2. Restart

[17-24] Hitch R, Back R with Drag L, Hold, Coaster Step, Monterey ¼ Turn R, Step-Lock-Step

& 1 2 Lift R knee up (&), Step RF backwards, drag L heel backwards (1), hold (2),
3 & 4 Step LF backwards (3), Step RF next to LF (&), Step RF forward (4),
5 & 6 Touch RF to R side (5), Step RF next to LF and make ¼ Turn to R (&), Touch LF to L side
(6),
7 & 8 Step LF forward (7), Cross RF behind LF (&), Step LF forward (8),

[25-32] Pivot ½ Turn L, ½ Turn L, ¼ Turn L, Twist with bending Knees 2x

1 2 Step RF forward start ½ Turn L (1), finish Turn with weight on LF (2),
3 4 ½ Turn L and step RF backwards (3), ¼ turn L and step LF to side (4),
5 6 Turn both heels to L side and bend both knees (5), bring both heels back to centre and
stretch knees (6)
7 8 Turn both heels to L side and bend both knees (7), bring both heels back to centre and
stretch knees (8)

Enjoy dancing and Have fun!

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