

Dirty Edamame

拍數: 32 牆數: 2 級數: Upper Beginner
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音樂: edamame (feat. Rich Brian) - bbno\$
或: Dirt Road Disco - Colt Ford



Intro: 64 counts (start at lyrics)
No tags or restarts

Set 1: Triple Steps

- 1 - Lunge forward onto right foot (throw arms back)
- 2 - Jump back onto left foot (throw arms forward)
- 3&4 - Coaster step: Back onto right foot, together on left foot, step forward onto right foot
- 5&6 - Push left to left side, replace right, cross left over right
- 7&8& - Push right to right side, replace left, cross right over left, step left together

Set 2: It's Complicated... (advanced dancers can add a "pulse" - see video tutorial for details)

- 1& - Kick right, step right under body
- 2& - Kick left, step left under body
- 3& - Swivel left heel out and in with right foot still off the floor
- 4& - Step together right, lift left up
- 5& - Kick left, step left under body
- 6& - Kick right, step right under body
- 7& - Swivel right heel out and in with left foot still off the floor
- 8& - Kick left forward, lift left up

Set 3: Tap Dancey

- 1 - Jump onto left to the left side with left knee in (throw left elbow out to left side)
- 2 - Jump back onto right to the right turning left knee out (bring left elbow in at side throwing hand out)
- 3&4 - Triple step: back left, replace right, slightly to the side on left
- 5 - Jump onto right to the right side with right knee in (throw right elbow out to right side)
- 6 - Jump back onto left to the left turning right knee out (bring right elbow in at side, throwing hand out)
- 7&8 - Triple step: back right, replace left, slightly to the side on right

Set 4: Walk (beginner version)

- 1,2,3,4 - Step on left, right, left, right while turning 90 degrees counterclockwise
- 5,6 - Step side left, together right
- 7,8 - Turn 90 degrees counterclockwise and step side left, place right next to left ending on the left

*Set 4: Glide (advanced version)

- 1,2,3 - Step on left, right, left while turning 90 degrees counterclockwise
- 4 - Dig right toe into the floor toe pointed out next to left to prepare to glide to the left
- 5 - Push with right foot to glide to the left onto left foot
- &a - Switch toes in alternating left, right
- 6 - Bring right foot in front of left
- &a - Switch toes out alternating right, left ending back in the position on count 4
- 7 - Turn 90 degrees counterclockwise and glide to the left onto left foot
- &a - Switch toes in alternating left, right
- 8 - Bring right foot next to left, ending in a neutral position with toes pointing forward weight on left

