

Ex & Oh @ Rock'n Roll

拍數: 32 牆數: 4 級數: Beginner
編舞者: Maria Nix (DE) - December 2024
音樂: Ex's & Oh's - Elle King
或: Sex Bomb - Tom Jones & Mousse T.
或: Stuck On You - Elvis Presley
或: Old Time Rock & Roll - Bob Seger



Start: with the singer

S1: R-kick ball step 2 x (1&2, 3&4), R-chasse (5&6), back rock (7-8)

1&2 RF kick forward (1), RF place back on ball (&), LF step on place (2)
3&4 RF kick forward (3), RF place back on ball (&), LF step on place (4)
5&6 RF step to the right (5), close LF (&), RF step to the right (6)
7-8 LF step back with weight on LF (7), put weight back on RF (8)

S2: L-kick ball step 2 x (1&2, 3&4), L-chasse (5&6), back rock (7-8)

1&2 LF kick forward (1), LF place back on ball (&), RF step on place (2)
3&4 LF kick forward (3), LF place back on ball (&), RF step on place (4)
5&6 LF step to the left (5), close RF (&), LF step to the left (6)
7-8 RF step back with weight on RF (7), put weight back on LF (8)

S3: R-K-step plus snapping fingers (1-8)

1-2 RF step slightly diagonally forward (1), tip LF next to RF and snap your fingers (2)
3-4 LF step slightly diagonally backwards (3), tip RF next to LF and snap your fingers (4)
5-6 RF step slightly diagonally backwards (5), tip LF next to RF and snap your fingers (6)
7-8 LF step forward (3), tip RF next to LF and snap your fingers (4)

S4: R-step ½ turn to 6 o'clock (1-2), L-step turn ¼ to 3 o'clock (3-4), R-out out (5-6), R-in in (7-8)

1-2 RF step forward (1), ½ turn facing 6 o'clock (2)
3-4 RF step forward (3), ¼ turn facing 3 o'clock (4)
5-6 RF step forward slightly outwards (5), LF step forward slightly outwards (6),
7-8 RF step back to the starting position (7), LF step back to the starting position (8)

Restart (Ex's & Oh's):

In Round 5 facing 12 o'clock, start again after the first 16 counts (S1: 1&2, 3&4)