

Kickstart 2k

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Watson (UK)
音樂: Will 2K - Will Smith



SYNCOPATED LEFT VINE, SIDE ROCK RIGHT, RIGHT SAILOR STEP

1-2 Step left foot out to left side, cross right foot behind left
3&4 Step left foot out to left side, cross right foot behind left, step left foot out to left
5-6 Rock right foot out to right side, recover weight onto left foot
7&8 Step right foot behind left, step left foot out to left side, step right foot in place

TURNING ROCK STEP, ROCK & TURN, CROSS RIGHT STRUT

9-10 Rock left foot back into $\frac{1}{4}$ turn left, recover weight onto right foot completing turn
11-12 Rock forward onto left foot, recover weight to right foot
& Step left foot beside right foot
13-14 Rock step right foot $\frac{1}{4}$ turn left over left foot, recover weight on left foot
15-16 Cross touch right foot to outside of left foot, drop right heel sliding left foot back

Weight should be placed over left leg

TURNING HEEL JACK, STEP LEFT, STEP RIGHT, HIP BUMPS

17& Step right foot back into $\frac{1}{4}$ turn left, touch left heel forward
18& Step left foot down, step right foot forward
19-20 Step left foot forward, step right foot forward
21&22 Step left foot forward bumping left hip twice
23&24 STEP RIGHT FOOT FORWARD BUMPING RIGHT HIP TWICE,

LEFT ROCK STEP, TOUCH LEFT, $\frac{1}{2}$ TURN LEFT, TURNING RIGHT SHUFFLE ROCK STEP

25-26 Rock forward onto left foot, recover weight to right foot
27-28 Touch left toes back behind right, pivot turn $\frac{1}{2}$ turn left, (weight on left foot)
29&30 Step right foot $\frac{1}{4}$ turn left, step left foot beside right foot, step right foot $\frac{1}{4}$ turn left
31-32 Rock back onto left foot angling body to left diagonal, recover weight to right foot

REPEAT
