Knee Buckle Hustle



拍數: 64 牆數: 4 級數: Improver

編舞者: Chris Godden (UK)

音樂: Always Have, Always Will - Ace of Base



KICK BALL STEP APART, HEELS IN, TOES IN. KICK BALL TOUCH LEFT, CROSS OVER RIGHT, ¾ PIVOT RIGHT

1&2	Kick right forward	Sten right slightly	right. Step left slightly left
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3-4 Swivel both heels. Swivel both toes in

5&6 Kick right forward. Step right beside left, point left toe to left

7-8 Cross left over right. Pivot ¾ turn right

SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD, STEP ½ PIVOT LEFT

1&2 Step back right. Close left beside right. Step back right

3-4 Rock back on left. Rock forward on right

5&6 Step forward left. Close right beside left. Step forward left

7-8 Step forward right. Pivot ½ turn left

KICK BALL STEP, APART, HEELS IN, TOES IN. KICK BALL TOUCH LEFT. CROSS OVER RIGHT, ¾ PIVOT RIGHT, SHUFFLE BACK, ROCK STEP, SHUFFLE FORWARD, STEP ½ PIVOT LEFT

1-16 Repeat steps 1-16

TOE STRUTS FORWARD, WALK BACK & CLOSE

1-2	Touch right toe forward. Drop right heel to floor with weight
3-4	Touch left toe forward. Drop left heel to floor with weight

5-8 Step back right left right and close left to right

SIDE RIGHT, HOLD, CROSS, HOLD, UNWIND AND PUSH. JUMP TWICE

1-2 Si	tep right to right s	de (click fingers with	n arms out to sides), hold
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3-4 Cross left over right (cross arms in front of chest), hold

5-6 Unwind ¾ turn right. Push right hand to front

7-8 Jump forward twice with feet slightly apart. (drop arm down.)

KNEE ROCKS AND STOMP

1-2	Rock weight to left with right knee bent in, hold
3-4	Rock weight to right with left knee bent in, hold

5-8 Rock weight to left, rock weight to right. Stomp left twice

KICK, KICK, COASTER STEP KICK. KICK, COASTER STEP

1-2 Right kick twice

3&4 Step back on right. Step left beside right. Step forward right

5-6 Left kick twice

7&8 Step back on left. Step right beside left. Step forward left

REPEAT