

# Liberty Hip Hop

拍數: 28      牆數: 4      級數:  
編舞者: Charlie Bowring (UK)  
音樂: Forget Me Not - The Dean Brothers



## HITCH HIKES

- &1            Right swivet, and back to center (moving right thumb like hitching a lift)
- &2            Right swivet, and back to center (moving right thumb like hitching a lift)
- &3            Left swivet, and back to center (moving left thumb like hitching a lift)
- &4            Left swivet, and back to center (moving left thumb like hitching a lift)

## CROSS-ROCK, HOLD, CROSS-ROCK, HOLD

- 5            Rock right foot across in front of left
- 6            Hold
- 7            Rock left across in front of right (lifting right slightly)
- 8            Hold

## RUNNING MAN

- &            Slide left foot back, lifting right foot
- 9            Step right in place
- &            Slide right foot back, lifting left foot
- 10           Step left in place
- &            Slide left foot back, lifting right
- 11           Step right foot in place
- &            Slide right foot back, lifting left
- 12           Step left in place
- &            Hitch right

## HITCH SLIDE, STEP, STOMP, STOMP

- 13-16       Slide right foot to right side
- 17           Step left foot in place
- &            Step right foot in place
- 18           Step left foot in place

## JUMPING JACKS

- 19           Jump both feet apart
- 20           Jump both feet together, crossing right foot over left
- 21           Jump both feet apart
- &            Jump both feet together, crossing left foot in front of right
- 22           Jump both feet apart, ending with weight on left foot

## TURNING ELECTRIC JUMPS

- 23           Jump both feet together
- &            Jump both feet apart
- 24           Jump both feet together and turn 1/8 turn left
- &            Jump both feet apart
- 25           Jump both feet together and turn 1/8 turn left
- &            Jump both feet apart
- 26           Jump both feet together and turn 1/8 turn left
- &            Jump both feet apart
- 27           Jump both feet together and turn 1/8 turn left

&            Jump both feet apart  
28            Jump both feet together

**REPEAT**

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