Love Stoned



拍數: 32 牆數: 4 級數: Beginner hip hop

編舞者: Joanne Wong (MY)

音樂: Lovestoned - Justin Timberlake



The song is really long so it is suggested that the music is cut to approximately 4 minutes

KICK, OUT, OUT, SAILOR STEP, UNWIND 3/4 LEFT, SIDE, HITCH

1&2 Kick right foot forward, step back on right, step left to left side 3&4 Step right behind left, step left beside right, step right to right side

5-6 Cross left behind right, unwind ¾ turn left 7-8 Step right to right side, hitch left beside right

Styling: on count 8, crunch body slightly inwards

SHOULDER POPS, STEP 1/4 LEFT, LOCK, LOCK STEPS, SIDE 1/4 LEFT, TOUCH

1-2 Pop left shoulder to left, pop right shoulder to right

3-4 Making a ¼ turn left, step forward on left, lock right foot behind left

Styling: for counts 1 - 4, optional body rolls can be done

Step forward on left, lock right behind left, step forward on left

7-8 Making a ¼ turn left, step right to right side, touch left behind right

SIDE, CROSS, HITCH, HIP BUMPS, 1/2 TURN LEFT, SIDE

1-2 Step left to left side, cross right over left

3&4 Hitch left knee beside right, step left to left side, bump hips to left side

5-6 Bump hips twice to the right (5 - 6)

7-8 Making a ½ turn left, step left to left side, step right to right side

HIP ROLL, 1/4 TURN LEFT FORWARD, 1/4 TURN LEFT TOUCH, STEP TOUCH TWICE

1-2 Roll hips to the left from right to left (1 - 2)

Styling: for counts 1 - 2, a body roll can be done

3-4 Making a ¼ turn left, step forward on left, making a ¼ turn left, touch right beside left

5-6 Step diagonally forward on right, touch left beside right7-8 Step diagonally forward on left, touch right beside left

REPEAT