Main Event



拍數: 172 牆數: 4 級數: Advanced

編舞者: Robert Cordoba (USA) & Doug Endo (USA) 音樂: Gonna Make You Sweat - C&C Music Factory



Start 1/4 turn to Right from main wall

1-4 & 5 & 6 & 7	Forward 4 steps (right, left, right, left) Running man Bring right foot up to left knee Bring right down, slide left back Bring left foot up to right knee Bring left down, slide right back Bring right foot up to left knee Step forward on right pivoting 1/4 to left Slide left behind right
9 10 11&12	Hop cross left over right Pivot ½ to right Hop 3 times pivoting ½ to left
13-14 15-16 17-18 19-20	Push step to right with right, back to center Push step to left with left, back to center Pivot ¼ turn to left, push to right with right, back to center Pivot ¼ turn to right, push to left with left, back to center
21 22 23 24 25 26 27 28	Hop while pivoting to left ¼ Hop while pivoting to right ½ Hop while pivoting to left ½ Hop backwards with both feet Step to side with left Slide right to left Step forward with left Slide right to left while pivoting ¼ to right
29 30-32 33& 34& 35& 36& 37& 38& 39& 40&	Hop forward with both feet Pivot backwards on right a full turn using left to push 3 times Kick right to side Kick left to side Toes out, in Toes out, in, then pivot ¼ turn to left Kick right to side Kick left to side Kick left to side Toes out, in Toes out, in
41-44 45-48	Step with left 4 times to right turning $\frac{1}{2}$ (pivot on right, weight left) Step with right 4 times to left turning $\frac{1}{2}$ (pivot on left, weight right)
49&50 & 51&	Jump with feet apart, jump together, jump with feet apart Jump $\frac{1}{2}$ to right, land with feet together Jump out, jump in

52&	Jump out, jump ½ to left, land with feet together
53&	Jump out, jump in
54&	Jump out, jump ½ to right, land with feet together
55&56	Jump out, jump in, jump out
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57-60	Step with right 4 times to left turning ¼ (pivot on left, weight right)
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61&	Kick left to front, step back left
62&	Step back right, step left in place
63	Step forward with right
64	Slide left to right, turn ¼ to left
65&	Kick left to front, step back left
66&	Step back right, step left in place
67	Step forward with right
68	Slide left to right, turn ¼ to left
69&	Kick left to front, step back left
70&	Step back right, step left in place
71	Step forward with right
72	Slide left to right, turn ¼ to left
73&	Kick left to front, step back left
74&	Step back right, step left in place
75	Step forward with right
76	Slide left to right, turn ¼ to left
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77&	Kick left to front, step back left
78&	Step back right, step left in place
79	Step forward with right
80	Slide left behind right
81	Pivot ¼ to right while kicking out with left
&	Step in place with left
82&	Step behind with right, step to side with left
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83&	Kick out with right, step in place with right
84&	Step behind with left, step to side with right
85&	Kick out with left, step in place with left
86&	Step behind with right, step to side with left
87	Step forward with right
88	Pivot ¼ to left, sliding left to right
&	Running man Bring right foot up to left knee
89	Bring right down, slide left back
&	Bring left foot up to right knee
90	Bring left down, slide right back
&	Bring right foot up to left knee
91	Step forward on right
&92	Swivel heels to right, then back to center
&	Running man Bring right foot up to left knee
93	Bring left down, slide right back
&	Bring right foot up to left knee
94	Bring right down, slide left back
94	Bring left foot up to right knoo

Bring left foot up to right knee

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95	Step forward on left
& 96	Swivel heels to left, then back to center
97	Jump with feet apart
98	Jump together crossing right over left
99&100	Jump out, jump together, jump out
101-104	With feet apart, hop to right 4 times
105&	Moving back to left: toes in, out
106&	Toes in, out
107&	Toes in, out
108	Toes in
109	Right leg up to right with right arm up (elbow bent)
110	Step to right push right arm back
111-112	Step to right 2 times
113	Step back on right
114	Step back of right
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115	Step back right
116	Hold
117	Weight on left pivot 1/ to left with right
	Weight on left, pivot ½ to left with right
118	Pivot ½ back
119	Pivot ½ to left
&120	Jump and cross right over left, jump apart
121	Pivot ½ to right
122	Pivot ½ back
123	Pivot ½ to right
&124	Jump and cross right over left, jump apart
125-126	Step big step forward with right for 2 beats
127-128	Step left to right for 2 beats
129-130	Step back with left for 2 beats
131-132	Step right to left for 2 beats
&133-136	Raise right foot to left knee, step to right with right, slide left to right
&137-140	Raise left foot to right knee, step to left with left, slide right to left
_	ography of previous 8 beats:
&	Raise right foot to left knee
133	Step to right with right
134	Slide left to right
135&136	Toes out, in, out
&	Raise left foot to right knee
137	Step to left with left
138	Slide right to left
139&140	Toes out, in, out
141-144	Walk forward right, left, right, left
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145&	Jump with feet apart, jump together
146&	Jump feet apart, jump together
147&	Jump feet apart, jump together
148&	Jump feet apart, jump together, turning ¼ to left

149& 150& 151& 152& 153& 154& 155& 156&	Kick to side with right, cross right over left (weight on right) (kick, cross) Step back on left, forward touch with right heel, step on right (hitch, step) Kick to side with left, cross left over right (weight on left) (kick, cross) Step back on right, forward touch with left heel, step on left (hitch, step) Kick to side with right, cross right over left (weight on right) (kick, cross) Step back on left, forward touch with right heel, step on right (hitch, step) Kick to side with left, cross left over right (weight on left) (kick, cross)
150&	Step back on right, forward touch with left heel, step on left (hitch, step)
157	Squat down
158	Come back up
159&	Kick out with left, step in place with left
160&	Step behind with right, step to side with left
161&	Kick out with right, step in place with right
162&	Step behind with left, step to side with right
163&	Kick out with left, step in place with left
164	Step behind with right, step to side with left
165&	Step back on right, rock forward on left
166&	Rock back on right, rock forward on left
167&	Kick out with right, step in place with right
168&	Step behind with left, step in place with right
169&	Kick out with left, step in place with left
170&	Step behind with right, step in place with left
171	Cross right over left
172	Pivot ½ to left

REPEAT