

The New Move

拍數: 40 牆數: 4 級數: Intermediate
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音樂: Thong Song - Sisqó



STOMP, BOUNCE, CLAP, ROCK, HIP ROLL

- 1-2 Stomp right foot forward, heel bounce with right foot
- 3-4 Clap and transfer weight to right foot
- &5-6 Left foot to left side, rock onto right foot, step left foot back
- 7-8 Hip roll to right transferring weight to right foot

CROSS ¼ LEFT, OUT OUT, BODY ROLL, HOLD, SHUFFLE BACK

- 9-10 Left foot across right foot, step right foot to right side turning ¼ to left
- &11-12 Step left foot back, step right foot to right side, hold
- 13-14 Sway hips left and right or snake roll starting with head
- 15&16 Step back left foot, close right foot to left foot, step back left foot

POINT BACK, UNWIND ½ RIGHT, RIGHT SAILOR, ¼ LEFT, DRAG STEP

- 17-18 Point right toe back, unwind ½ to right transferring weight to left foot
- 19&20 Cross right foot behind left foot, step left foot to left side, step right foot to right side
- 21-24 Step left foot to left side turning ¼ to left, slowly drag right foot to left foot

WALK BACK, ROCK BACK, WALK FORWARD, OUT OUT, IN IN

- 25-28 Walk back right, left, rock back onto right foot, rock forward onto left foot (you can dance the mashed potato for steps 25-28)
- 29-30 Walk forward right, left
- &31&32 Step right foot to right side, step left foot to left side. Step right foot towards left foot, step left foot towards right foot

APPLEJACK, HEEL/TOE SWIVELS, HEEL DIG, ¼ RIGHT, BEHIND, UNWIND

- 33&34 Weight on left heel and right ball of foot, swivel to left. Move feet back to original foot positioning. Weight on right heel and left ball of foot, swivel to right
- &35-36 Swivel left toe and right heel to left, swivel left heel and right toe to left
- 37&38 Swivel left toe and right heel to left. Right heel forward, step left foot back turning ¼ to right
- 39-40 Cross right foot behind left foot, unwind ½ turn to right foot

REPEAT
