

NG3

拍數: 32 牆數: 4 級數: Beginner hip hop
編舞者: Cato Larsen (NOR)
音樂: The Anthem - NG3



WALK FORWARD, KICK-OUT-OUT, KNEE POPS

1-2 Step forward on right, step forward on left
3&4 Kick right forward, step right slightly right, step left slightly left
5-6 Pop right knee in towards left knee, hold
7&8 Pop right knee out, in, out

For styling; lean upper body right upon right foot while you are doing the knee-pops

¼ TURN, ¼ TURN, SAILOR STEP, CROSS ROCK, SIDE, CROSS ROCK, SIDE

1-2 Turn ¼ turn left and step forward on left, pivot ¼ turn left stepping right to right side
3&4 Step left behind right, step right slightly right, step left slightly left
5&6 Step right across of left, recover weight onto left, step right to right side
7&8 Step left across of right, recover weight onto right, step left to left side

STEP, LOCK & POP, STEP, LOCK & POP, HITCH & STEP BACK, LUNGE, RECOVER

1 Step forward on right
2 Pop right knee forward lifting right heel and step left foot under right heel
3 Step forward on right
4 Pop right knee forward lifting right heel and step left foot under right heel
5&6 Tap right toe beside left foot, hitch right knee, step back on right foot
7-8 Lunge forward onto left foot, recover weight onto right

HIP HOP JUMPS, TAP, TAP, STEP, KICK-CROSS-BACK, COASTER STEP

1 Pivot ¼ turn left stepping left to left side
& Rock (recover) back onto right
2 Pivot ½ turn right stepping left to left side
Do this the hip hop way by jumping on right while turning
3& Tap right toe next to left, tap right toe slightly to right side
4 Step right further out to right side (take weight)
5&6 Kick left across of right, step left across of right, step back on right foot
7&8 Step back on left, step right next to left, step forward on left

REPEAT