

No Daddy

拍數: 32 牆數: 4 級數: Intermediate/Advanced
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音樂: No Daddy - Teairra Marí



KICKBALL CROSS, OUT IN OUT TO RIGHT, IN OUT IN ON SPOT, BODY ROLL

- 1 Body to 14:00 hour face to 12:00, right foot kick to right
- & Right foot next to left foot
- 2 Left foot cross over right foot
- 3 Right foot step to right, both knees twisted out
- & Both knees in, while doing this go to right
- 4 Both knees out, while doing this right
- 5 Both knees in
- & Both knees in while doing this bring heels together
- 6 Both legs straight and heels closed together
- 7-8 Body roll

Arms for the first 6 counts

UP AND DOWN, OUT AND CROSS UP, SHOULDERS

- 1 Bring both arms above your head, wrist to the front
- & Roll arm down like a number 6
- 2 Arm down and open your hands to the front
- 3 Right arm to the right, left fist in front of your chest
- & Left arm out to left, right arm next to your body
- 4 Right arm up next to your head, left wrist on hip height
- 5 Right hand on left shoulder, left hand on right hip
- & Right hand on right shoulder, left hand on left hip
- 6 Right hand open next to right hip, left arm next to body with hand open

CROSS BACK AND CROSS FRONT, CROSS BACK AND CROSS FRONT, TURN 4/4, FROM RIGHT TO LEFT AND DOWN AND UP WITH THE BODY

- & Put weight on left foot
- 1 Right foot cross backwards left foot.
- & Left foot step to left
- 2 Right foot cross in front left foot
- & Left foot step to left
- 3 Right foot cross backwards left foot
- & Left foot step to left
- 4 Right foot cross in front left foot
- 5 Turn 4/4 while doing this hitch left knee up
- 6 Left foot step out
- 7 Drop body from right and start to go to left
- & Go with your body to left
- 8 Go up and touch right foot next to left foot

RIGHT HIP FORWARD, LEFT HIP FORWARD, 4/4 BODY TWIST TURN

- 1 Right foot step forward while doing this push right hip forward
- 2 Right foot next to left foot
- 3 Left foot step forward while doing this push left hip forward
- 4 Left foot next to right foot
- & Twist upper body $\frac{1}{4}$ to left, legs stay on spot
- 5 Twist legs $\frac{1}{4}$ to left

- & Twist upper body $\frac{1}{4}$ to left, legs stay in spot
- 6 Twist legs $\frac{1}{4}$ to left
- & Twist upper body $\frac{1}{4}$ to left, legs stay in spot
- 7 Twist legs $\frac{1}{4}$ to left
- & Twist upper body $\frac{1}{4}$ to left, legs stay in spot
- 8 Twist legs $\frac{1}{4}$ to left

STEP FORWARD, TURN $\frac{1}{2}$ LEFT, TURN $\frac{1}{4}$ LEFT, TURN $\frac{1}{4}$ LEFT, BODY BOUNCE

- 1 Step forward on right foot
- 2 Turn $\frac{2}{4}$ left
- 3 Hold
- 4 Slide right foot next to left foot
- 5-6 Turn $\frac{1}{4}$ left
- & Press chest up
- 7 Contract chest down
- & Press chest up
- 8 Contract chest down
- & Press chest up

Arms for the last 8 counts:

SNAKE ROLL FROM RIGHT TO LEFT, SNAKE ROLL FROM LEFT TO RIGHT, SNAKE ROLL OVER HEAD

- & Put hands together (like praying)
- 1 Put right elbow up
- 2 Roll arms from right to left and end with left elbow up
- 3-4 Roll arms from left to right and end with right elbow up
- 5-6 Roll arms over your head from right to left and end up with hands on left hip
- 7-8 Hands in front of body

REPEAT
