

Nu Flow

拍數: 64 牆數: 0 級數:
編舞者: David Camm (AUS)
音樂: Nu Flow - Big Brovaz



- 1-2-3&4 Walk forward right-left-right, step left foot forward, pivot ½ turn right (weight forward on right)
5-6&7-8& Step left forward, tap right next to left, step right slightly to right, step left to left side, tap right next to left, step right slightly to right side
- 1-2-3-4 Step left to left side, rock right across (in front) of left, rock recover back on left, step forward on right making a ¼ turn right
5-6&7&8& Rock forward on left, rock back on right, step back on left, place right heel forward, step back on right, place left heel forward, step back on left
- 1-2-3-4 Step back on right as you push head and upper body ½ turn right (pop left knee as you do this) turn head and body back to the front (pop right knee as you do this) repeat last two counts
- These four counts don't have to be perfect they are just meant to be groovy knee pops looking over right shoulder**
- 5-6-7-8 Step forward on right as you turn ½ turn right, step forward on left, pivot ½ turn right, scuff left forward
- 1-2-3&4 Rock forward on left, rock back on right, step left behind right, step right to right side, cross left over right
5-6-7-8 Tap right to right side, click fingers, sway hips to right, sway hips back to center
- 1-2-3-4 Rock forward on right, rock back on left, step forward on right making a ½ turn right, scuff left foot forward
5-6-7&8 Rock forward on left, rock back on right, make a full turn triple (left) stepping left-right-left
- 1-2&3-4 Step forward onto right heel, lock left foot behind right, step forward onto right, step left forward, pivot ½ turn right
5-6&7-8 Rock forward onto left, rock back onto right, step back on left, place right heel forward
- For the next count make a pose with your hands, be creative) and hold your hand position for the next 8 beats**
- 1-2-3-4 Step forward on right, tap left next to right, step left forward, tap right next to left
&5&6-7-8 Step forward on right, tap left next to right, step left forward, tap right next to left, step right forward, tap left next to right
- &1-2-3&4 Step left to left side, cross right over left, step left to left side, step right behind left, step back on left, place right heel forward
&5-6-7-8 Step right to right side, cross right over left, tap right to right side, click fingers for counts 7-8

REPEAT