

Nu Flow

拍數: 40 牆數: 2 級數: Intermediate hustle
編舞者: Masters In Line (UK)
音樂: Nu Flow - Big Brovaz



Dance starts on last count of the dance as shown below

KICK BALL STEP, TOUCH CROSS, SWITCH AND SWITCH, ½ TURN TOUCH, POINT &

8&1 Kick right foot forward, step right foot next to left, step left foot forward
2-3 Touch right toe to right side, cross right foot in front of left
4&5 Touch left toe to left side, step left foot next to right, touch right toe to right side
6-7 Pivot a ½ turn right bringing right foot next to left, touch left toe to left side
8 Touch left toe across in front of right

AND STEP, CROSS ½ TURN, STEP TOUCH, ½ TURN TOUCH, STEP

&1 Step left foot to left side, step right foot to right side
2-3 Cross left foot over right, step right foot back making ¼ turn left
4-5 Step left foot to left side making ¼ turn left, touch right toe to right side
6-7 Step right foot forward making ¼ turn right, making a ¼ turn right touch left toe to left side
8 Step left foot forward making ¼ turn left

FULL TURN, STEP ½ TURN, AND HEEL HOLD AND TOGETHER HOLD

1-2 Making ½ turn left step back on right foot, making a ½ turn left step forward on left foot
3-4 Step forward on right foot, pivot ½ turn left (weight ends on left foot)
&5-6 Step back on right foot, touch left heel to left diagonal, hold
&7-8 Step left foot to left side, step right foot together, hold

AND SIDE, CROSS, SIDE, BEHIND, TOUCH, HITCH, SIDE, TWIST

&1-2 Step left foot to left side, step right foot to right side, cross left foot over right
3-4 Step right foot to right side, cross left foot behind right
5-6 Touch right toe to right side, hitch right knee beside left leg
7-8 Step right foot to right side, twist both heels to the left so your body turns ¼ turn right

HITCH, STEP BACK, ¼ TURN BUMP, BUMP, 1 & ¼ TURN LEFT

1-2 Hitch left knee beside right leg, touch left toe back
3-4 Make a ¼ turn left bumping hips to left, bump hips to right
5-6 Making a ¼ turn left step left foot forward, pivoting a ½ turn left step back on right foot
7 Making a ½ turn left step forward on left foot

Count 40 begins the dance again with the right kick forward

REPEAT