

One Of A Kind

拍數: 32 牆數: 2 級數: Improver
編舞者: Derek Steele (USA)
音樂: Bad Thang (Public Dance Mix) - Scooter Lee



JUMP & JUMP & JUMP & OUT, HEELS, TOES, HEELS, TOES, HEELS

- 1& With weight on both feet, small jump forward to the right on 45 angle, jump back to center
- 2& Small jump forward to the left on 45 angle, jump back to center
- 3& Small jump forward to right on 45 angle, jump back to center
- 4 Jump both feet apart
- 5 Swivel both heels in
- 6 Swivel both toes in
- 7 Swivel both heels in
- & Swivel both toes in
- 8 Swivel both heels in, weight on left foot

The key to doing these steps comfortably is to take very small swivels

TOUCH, SWEEP, THRUSTS

- 1-2 Touch right foot forward, sweep right foot around for ½ to right, leaving weight on left foot, right leg slightly bent
- 3&4 Pump hips forward twice

RIGHT SHUFFLE FORWARD, STEP, PIVOT, LEFT SHUFFLE FORWARD, STOMP, STOMP

- 1&2 Step forward right, bring left together, step forward right
- 3-4 Step forward on left, pivot ½ turn to right
- 5&6 Step forward left, bring right together, step forward left
- 7-8 Stomp right foot forward, stomp left foot together

ARM & KNEE ROLLS

- 1-2 Roll right knee and arm inside to out (palm will end up facing up)
- 3-4 Roll left knee and arm inside to out (palm will end up facing up)
- 5-6 Bend both knees in, bend both knees out, mirror this motion with arms with palms facing down then ending facing up
- 7&8 Bend both knees in, bend both knees out, straighten both legs, (arm movements - mirror knees in, bring both arms up and around back of head as if putting on a hood from a coat)

STOMP, SYCOPATED STOMPS WITH ½ TURN

- 1 Stomp right foot forward
- 2 With weight on balls of both feet, pop heels 1/8 turn to left
- 3&4 With weight on balls of both feet, pop heels up and down for 3 more 1/8 turns to complete ½ turn

REPEAT
