

Our Family

拍數: 32 牆數: 4 級數: Improver
編舞者: Sobrielo Philip Gene (SG), Melvin Foo (SG), Derek Ho (SG) & Donovan David
音樂: Family Affair - Mary J. Blige



PRESS-RECOVER, BEHIND-&-ACROSS

- 1 Right toe-ball 'press' diagonal right forward (right shoulder lifts)
- 2 Push off from right and weight on left (right shoulder drops down)
- 3&4 Right step behind left, left step to side left, right step across front of left

PRESS-RECOVER, BEHIND-&-ACROSS

- 5 Left toe-ball 'press' diagonal left forward (left shoulder lifts)
- 6 Push off from left and weight on right (left shoulder drops down)
- 7&8 Left step behind right, right step to side right, left step across front of right

SIDE ROCK ¼ TURN, ¼ TURN, KICK FORWARD LEFT, ½ TURN KICK LEFT FORWARD, COASTER STEP, POINT ¼ TURN

- 1&2 Rock right out to right, recover left making a ¼ turn left, stepping right to the right making another ¼ turn
- 3-4 Kick left forward making a ½ turn left on the ball of right and kick left forward
- 5&6 Do a left coaster
- 7-8 Point right toe to the right side and make a ¼ turn to the right

COASTER STEP, ¼ TURN SHUFFLE, ROCK FORWARD RIGHT, ½ TURN RIGHT THAN LEFT

- 1&2 Do a right coaster
- 3-4 Make a ¼ left and do a forward shuffle starting with left, right, left
- 5&6 Rock forward on right, replace weight on to left make ½ turn right
- 7&8 Rock forward on left, replace weight on to right make ½ turn left

HIP BUMPS RIGHT, HIP BUMPS LEFT, CROSS UNWIND ¾ TURN, BODY ROLL

- 1&2 Step forward on right, moving hip forward right, left, right
- 3&4 Step forward on left, moving hip forward left, right, left
- 5&6 Cross right over left and unwind ¾ turn to the left (with weight on right)
- 7&8 Do a forward body roll ending with weight on left foot

REPEAT
