Party In Pink



拍數: 0 牆數: 0 級數:

編舞者: Jamie Marshall (USA) 音樂: Get the Party Started - P!nk



Sequence: AB, AB, A, B (counts 1-32), B, AAB

DADT	. Λ	(CHORUS)
FARI	~	IUDURUSI

(01101	
1&2	Kick right forward, small step forward on right, point left to left
3&4	Kick left forward, small step forward on left, point right to right
5&6	Kick right forward, small step forward on right, point left to left
7&8	Kick left forward, small step forward on left, point right to right
& 9	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&10	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&11	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&12	Hitch right, pivot ¼ left bumping hips out, touching right next to left
13-14	Extend right arm to right, stepping right to right, extend left arm to left, stepping left to left (shoulder width apart)
15&	Bending elbows, make circular motion down and around, repeat to make 2 circles
16	Completing second circle, bring both arms behind back to clap, while hitching right
17&18	Kick right forward, small step back on right, point left to left
19&20	Kick right forward, small step back on right, point left to left
21&22	Kick right forward, small step back on right, point left to left
23&24	Kick right forward, small step back on right, point left to left
&25	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&26	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&27	Hitch right, pivot ¼ left bumping hips out, touching right next to left
&28	Hitch right, pivot ¼ left bumping hips out, touching right next to left
29-30	Extend right arm to right, stepping right to right, extend left arm to left, stepping left to left (shoulder width apart)
31&	Bending elbows, make circular motion down and around, repeat to make 2 circles
32	Completing second circle, bring both arms down to sides taking weight on left

PART B (VERSE)

PART B (VERSE)				
1&2	Cross right behind left, step left to left, step right to right			
3&4	Cross left behind right, step right to right, step left to left			
5-6	Cross rock right over left, pushing upper body out with arms back and out, recover on left			
7&8	Scuff right forward, raising right knee high, step right in place, raising left knee high, step left in place			
9-10	Step right forward, pivot ½ right, taking weight on left			
11-12	Step right forward, pivot ½ right, taking weight on left			
13-16	Leaning slightly right, snap 4 times moving wrists out and in, tapping right heel (no weight)			
17-18	Stepping right to right, bend knees to dip turning shoulders slightly to left, point left to left			
19-20	Stepping left to left, bend knees to dip turning shoulder slightly to right, point right to right			
21-22	Stepping right to right, bend knees to dip turning shoulders slightly to left, point left to left			
23-24	Stepping left to left, bend knees to dip turning shoulders slightly to right, point right to right			

25-26	Roll right knee and arm inside, to out, ending with palm up
27-28	Roll left knee and arm inside, to out, ending with palm up
29	Bend knees in, bringing arms in toward each other making "x" with palms down
30	Bend knees out, rolling hands up with palms facing back
31	Bend knees in, rolling hands in, down and around
32	Bend knees out, completing motion with hands up (arms bent at elbows) and palms facing out
33&34	With bent arms up (palms facing out), rock right over left (turn slightly to left), recover on left, step right to right
35&36	With bent arms up (palms facing out), rock left over right (turn slightly to right), recover on right, step left to left
37&	Making fists, drop right down (arms bent at elbow, right fist facing back), point right to right, step right next to left
38&	Raising right fist up, dropping left fist, point left to left, step left next to right
39-40	Raising left fist up, dropping right fist, point right to right, step right next to left (dropping arms)
41-42	Step left to left, cross right behind left
43-44	Step left to left, touch right next to left, as roll head down and up to left
45-46	Step right to right, cross left behind right
47-48	Step right to right, step left next to right