The Party Just Begun



拍數: 32 牆數: 4 級數: Improver hip hop

編舞者: Signature X

音樂: The Party Just Begun - The Cheetah Girls



SKATE TWICE, STEP BACK, STEP TOUCHES TWICE

1-2 Step right out diagonally to right, step left out diagonally to left

3-4 Step right back, step left beside right

5-6 Step right to right side, touch left beside right7-8 Step left to left side, touch right beside left

SIDE, CROSS, SIDE, PRESS, SIDE, FORWARD, STEP BACK

1-2 Side right to right side, cross left over right

3-4 Side right to right side, press left behind right with weight on the right

5-6 Step left back to left side, step right forward front

7 Step back right beside left

8 Hold Hands options for counts:

2 Open both hands to both side at waist level

4 Point right to right side looking right

5 Look front (12:00)

6 Extend both hands to both sides at shoulder level (left arms to 9:00, right arms to 3:00)

SIDE, HOLD, CHASSE RIGHT, HOLD

1 Step right to right side

2-3-4 Hold

5&6 Step right to right side, step left beside right, step right to right side

7-8 Hold **Hands option for counts:**

2 Extend both hands to the front at 12:00 (chest level)

3-4 Pump to body to right, pump body left7 Bring up left hand up chest level

8 Pose bring down left hand push front (chest level)

RIGHT ROCK FORWARD, STEP SIDE 1/4 RIGHT, CLOSE RIGHT, BOUNCE TWICE, SLIDE RIGHT

1& Step right forward, recover weight on left

2 Step right ¼ turn to right side (now body facing 3:00)

3-4 Close right beside left, hold

5-6 Bounce both feet down & up on the spot twice 7-8 Slide right to right side, close left beside right

REPEAT

TAG

Wall 3

WALK X4, STEP SIDE, HIP BUMPS

1-2 Step right forward, step left forward

3-4 Repeat 1-2

5 Step right to right side 6 Bump hip to the left 7&8 Bump hip right, left, right

HOLD X4, CHEST PUMP X4

1-4 Hold (look toward 12:00, with both feet apart at shoulder width)

5-6-7-8 Execute chest pump x4

TAG Wall 5 POSE

1-4 Lift up right arm & point right hand to 12:00(look toward 12:00, with both feet apart at

shoulder width)

SNAKE ROLL

1-8 Execute freestyle snake roll with hands brushing up, then down, on the body