

Plan B

拍數: 32 牆數: 4 級數: Improver
編舞者: William Sevone (UK)
音樂: Plan B - Huey Lewis & The News



2X DIAGONAL HEEL TOUCH-TOGETHER-KNEE POP-KNEE POP

1-2 Touch right heel across left, step right together

3-4 Hold, hold

Pop left knee forward on count 3, straighten left leg and pop right knee forward on count 4

5-6 Touch left heel over right, step left together

7-8 Hold, hold

Pop right knee forward on count 7, straighten right leg and pop left knee forward on count 8

4 MOVING RIGHT KNEE POPS, KICK BALL CROSS, ½ RIGHT, CROSS TOE TOUCH WITH EXPRESSION

9-10 Step right toe to side, drop right heel and step left together (left knee bent)

11-12 Step right toe to side, drop right heel and step left together (left knee bent)

13&14 Kick right forward, step right together, cross left over right

15-16 Unwind ½ right (weight to right), cross/touch left toe over right

On count 16, leaning left with left arm raised and right arm pointing toward floor

SIDE STEP, CROSS TOE TOUCH WITH EXPRESSION, 2X LARGE STEP-DRAG WITH EXPRESSION

17-18 Step left to side, cross/touch right toe over left

On count 18, leaning right with right arm raised and left arm pointing toward floor

19 Big step right to side (bending at knees slightly)

20-21 Slide/touch left together over 2 counts

Hunch shoulders with arms by sides

22 Big step left to side (bending at knees slightly)

23-24 Slide/touch right together

Hunch' shoulders with arms by sides

KICK BALL CROSS, ½ RIGHT, FORWARD FINGER SNAP, 3X MOVING LEFT KNEE POPS, TOE TOUCH

25&26 Kick right forward, step right together, cross left over right

27-28 Unwind ½ right (weight to right), hold

Snap fingers of both hands forward

29-30 Step left toe to side, drop left heel and step right together (knee bent)

31-32 Step left toe to side, drop left heel and touch right toe together

REPEAT

DANCE FINISH

The dance will end on count 24 of the 12th wall facing 6:00, to finish the dance with a flourish and facing the 'home wall' do the following after count 24:

1-2 Turn ½ right & step right slightly forward

With right hand on hat brim and left hand behind back