

Reality E-Fector

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: The Phoenix (UK)
音樂: Larger Than Life - Backstreet Boys



RUNNING MAN STEPS, HEEL SWITCHES, SIDE SWITCHES

- 1 Jump feet shoulder width apart (right foot forward, left foot back)
- & Jump feet together
- 2 Jump feet shoulder width apart (left foot forward, right foot back)
- & Jump feet together
- 3& Touch right heel forward, step right in place
- 4& Touch left heel forward, step left in place
- 5& Touch right to right side, step right in place
- 6& Touch left to left side, step left in place
- 7 Touch right to right side
- & Touch right in place
- 8 Step right to right side

SNAKE ROLLS: RIGHT & LEFT, SHOULDER LEANS (¼-LEFT)

Similar to "Latin Groove"

- 9-10 Snake roll right
- 11-12 Snake roll left
- 13 Lean to right side (raising right shoulder, lowering left)
- 14 Lean to left side (raising left shoulder, lowering right)
- 15 Lean to right side (raising right shoulder, lowering left)
- 16 Pivot ¼ over left shoulder (raising left shoulder, lowering right)

SIDE CHASSE, (¼-RIGHT) ROCK STEP, ROGER RABBIT STEPS

- 17&18 Side shuffle right
- 19 Rock left over right turning ¼ over right shoulder
- 20 Rock back on right
- & Scoot back on right while raising/hitching left knee
- 21 Step left back
- & Scoot back on left while raising/hitching right knee
- 22 Step right back
- & Scoot back on right while raising/hitching left knee
- 23 Step left back
- & Scoot back on left while raising/hitching right knee
- 24 Step right back

TOUCH BACK, (¼-LEFT) SHOULDER LEANS (TWICE), KICK-BALL-BACK, HEELS SWIVELS (¼-LEFT)

- 25 Touch left back (raising right shoulder, lowering left)
- 26 Pivot ¼ over left shoulder (raising left shoulder, lowering right)
- 27 Step right forward (raising right shoulder, lowering left)
- 28 Pivot ¼ over left shoulder (raising left shoulder, lowering right)
- 29 Kick right forward
- & Step right in place
- 30 Touch left back
- 31 Swivel heels right
- & Swivel heels left
- 32 Swivel heels right turning ¼ over left shoulder (weight ending on left)

REPEAT
