

Remind Me

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michelle O'Sullivan (UK)
音樂: U Remind Me - Usher



RUNNING MAN STEPS

- 1 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 2 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 3 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together (both feet on floor)
- 4 Jump feet diagonally forward, right foot forward, left foot back
- & Jump feet together hitching left knee
- 5 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 6 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 7 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both feet on floor)
- 8 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both feet on floor) weight on left

HITCH & SLIDES, COASTER STEP, STEP PIVOT ½ TURN

- 9&10 Hitch right leg up over left. Take big step to right then slide left to right. (weight ends on right)
- 11&12 Hitch left leg over right. Take big step to left then slide right to left (weight ends on left)
- 13&14 Step back right, step left next to right, step right forward
- 15-16 Step left forward, pivot ½ turn right

LEFT SHUFFLE, KICK BALL CHANGE, BODY ROLL, HIP BUMPS (LEFT, RIGHT, LEFT)

- 17&18 Step left forward, step right to left, step left forward
- 19&20 Kick right forward, step right next to left, step left in place
- 21-22 Body roll (or 2 hip bumps left, right)
- 23&24 Hip bumps left, right, left

RIGHT & LEFT SAILOR STEPS, ¾ TURN, POINT, TOUCH

- 25&26 Cross right behind left, step left to left side, step right to place
- 27&28 Cross left behind right, step right to right side, step left to place
- 29-30 Cross right behind left, pivot ¾ turn right
- 31-32 Point left to left side, touch left next to right (at end of dance add extra point out to the left side)

REPEAT

TAG

End of 6th wall

- 1-2-3-4 Walk forward right, left, right, left (transfer weight to right foot)
- &5&6&7&8 Then heel jack left then right
- 9-10-11-12 Walk back right, left, right, left
- 13-14-15-16 Wiggle, tap heels, body roll (improvise and have fun)

Then restart dance

