Replay DJ

拍數: 48

級數: Intermediate



音樂: Pon de Replay - Rihanna

TOE POINTS WITH TRIANGLE STEP

- 1&2 Point right toe to right side, and step right next to left, point left toe to left side
- &3& And step left next to right, point right toe forward, and step right next to left
- 4&5 Point left toe forward, and step left next to right, step right diagonally out to right
- 6-7 Step left foot out diagonally to left side, step right foot diagonally back
- 8 Step left next to right

MONTEREY FULL TURN, CROUCH, SLAP, CLAP

- 1-2 Point right toe to right side, complete a full turn right on left ending with weight on right
- 3-4 Point left toe to left side, bring left next to right and crouch down, bending knees to a fetal position at the same time (if this is too hard on your knees, just bend at the waist & slightly with knees)
- 5 Jump up and place feet shoulder width apart
- & Slap both hands down across thighs
- 6 Slap both hands back across thighs coming back forward, ending with
- & Clap
- 7&8& Twist right heel in, twist right toe in, repeat counts 7& for 8&

WALKING SAMBA STRUTS WITH MAMBO STEPS

- 1-2 Step right foot forward, step left foot forward
- 3&4 Rock forward on right foot, replace weight to left, step back on right
- 5-6 Walk back on left, step back on right
- 7&8 Rock back on left, replace weight to right, step forward on left

CONTRACTING HITCH CROSSES

- 1 Cross right over left
- & Contract body as if you have been hit in the stomach at same time hitch left knee
- 2 Cross left over right, bringing shoulders back and straightening body
- & Step right to right side
- 3 Step left behind right
- & Contract body as if you have been hit in the stomach at same time hitch right knee
- 4 Step right behind left
- & Step left to left side
- 5 Cross right over left
- & Contract body as if you have been hit in the stomach at same time hitch left knee
- 6 Cross left over right
- & Step right to right side
- 7 Step left behind right
- & Contract body as if you have been hit in the stomach at same time hitch right knee
- 8 Step right behind left
- & Step left to left side
- 1 Cross right over left

FULL TURNS, STYLING CROSSOVER WALKS

- 2 Turn ¼ left stepping forward on left
- & Turn ½ left stepping back on right foot





牆數:2

- 3 Turn ³/₄ left with weight on right foot ending with weight on left foot in front of right
- 4& Rock right to right side, replace weight to left
- 5 Keeping body facing 6:00 cross right over left leading with heel
- 6 Cross left over right leading with heel, keeping body facing 6:00
- 7 Repeat count 5
- 8 Repeat count 6

Leading with weight on heels for counts 5-6-7-8

CROSS, LUNGE, SHIMMIES, HOOK, UNWIND

- 1&2 Cross right over left, hitch left knee, cross left over right
- 3&4 Lunge right to right side, turn body a ¼ to left while turning right knee in, raise right shoulder up
- 5&6 Pushing off with right foot moving weight on to left shimmy both shoulders up, down, up at the same time for 5&6
- 7&8 Step right foot forward, hook left behind right, unwind for ³/₄ turn ending with weight on left

REPEAT