

Restricted

拍數: 32 牆數: 0 級數:
編舞者: Joey Warren (USA)
音樂: I Like That (Stop) - Jae Millz



STEP, CROSS-TOUCH, ½ TURN & TOUCH, SAILOR WITH HEEL, STEP-HITCH-½ TURN-& TOUCH

- &1-2 Step left foot in place, cross right over left, touch left toe out to left side
3&4 Cross left over right, ¼ turn left stepping back on right, ¼ turn left on ball of right touching left toe out
5&6 Step left behind right, step right foot out to side, touch left heel forward
&7&8 Step down on left foot, step right forward, ½ turn left hitching left knee up, touch left out to side

SAILOR ¼ TURN, HIP ROLLS, LEFT FOOT FLICK, SIDE WALKS WITH ½ TURN

- 1&2 Step left foot behind right, ¼ turn right stepping right forward, step left out to left side
3-4 Roll hips down and around to the left (weight ending up on right foot)
&5-6 Flick left foot up (bent knee), cross left over right, step right out to right side
7&8 Cross left foot over right, ¼ turn left stepping back on right, ¼ turn left stepping left foot out

KNEES IN & OUT, KNEES & HITCH, STEP-TOUCH, SIDE BODY ROLL, STEP-TOUCH-HEEL SWIVELS

- 1-2 Bend knees in, bring knees back out (weight is centered)
3&4 Bend knees in, bend knees out but establish weight on right, hitch left knee up
&5-6 Step down on left foot, touch right toe to right side, roll upper body from left to right (weight on right)
&7&8 Step left foot next to right, touch right to right side, swivel both heels ¼ turn right and look right, swivel heels back ¼ turn to left (weight on left and facing 9:00)

STEP AND DRAG, ¾ TURN, STEP OUT-OUT, STEP AND CROSS, STEP ¼ TURN, ½ TURN KNEE POPS

- &1-2 Step right foot next to left, ¼ turn right stepping back on left and dragging right, ¼ turn right and step right foot out to right side
&3&4 Step left next to right, ¼ turn right stepping right forward, step left out to left side, step right out to right side
&5-6 Step left next to right, cross right over left, ¼ turn left stepping forward on left foot
7&8 ½ turn left stepping back on the right foot, pop right knee up, pop left knee up (put weight on right)

REPEAT
