

Rico, Rico

拍數: 32 牆數: 2 級數: Improver
編舞者: Irene Groundwater (CAN)
音樂: Rico - Barrio Boyzz



Thanks to Jenifer Reaume for suggesting the music Rico

CROSS SHUFFLE, TOUCH, TOGETHER, DOUBLE KNEE LOCKS WITH TOE RAISES

1&2 Cross right over left, side step left, cross right over left
3-4 Touch left toe to left side, step left beside right
5-6 Rock onto both heels locking both knees so toes raise, lower toes
7-8 Rock onto both heels locking both knees so toes raise, lower toes

Option: On counts 5 and 7 - Clench fists with thumbs extended and raise forearms to shoulder level

Option: On counts 6 and 8 - Drop arms to side of body

FORWARD SHUFFLE, FORWARD, PIVOT ½ TURN RIGHT, TOUCH, TOGETHER, BACK, FORWARD

9&10 Right forward, step left beside right, right forward
11-12 Left forward, pivot ½ turn right on left ball and bring weight onto right
13-14 Touch left toe to left side (2nd position), step left beside right
15-16 Right back, rock forward on left

KICK, KICK, BACK, TOGETHER, FORWARD, DRAG, SWIVEL TO RIGHT - HEELS - TOES- HEELS - TOES

17-18 Kick right foot across body diagonal. Left, kick right foot forward
19&20 Right back, step left beside right, right large step forward
21-22 Drag left to right, swivel heels right
23&24 Swivel toes right, swivel heels right, swivel toes right

BRUSH SWIVEL, FORWARD, BRUSH SWIVEL, FORWARD, POP, POP, SIDE, SIDE, TOUCH

25-26 Swivel 1/8 turn right on left ball and brush right forward past left instep, right forward
27-28 Swivel 1/8 turn left on right ball and brush left forward beside right instep, left forward
29-30 Place weight on right and pop left knee forward, slide left back and pop right knee forward
31&32 Side step right, side step left, touch right toe slightly forward

REPEAT

Reality Check has a 32 count introduction. Dance counts 1-32 ten times. Dance ends on count 32. Raise hands shoulder high and pose

Put Some Drive In Your Country has a 32 count introduction. Dance counts 1-32 thirteen times. The music on the 13th round changes on count 24. Just keep dancing until count 32, pose and hold pose until music stops

Rico has 32 count Introduction. Dance counts 1-32 five times, then dance counts 1-16 once, then dance counts 1-32 to end of music. Dance ends on count 9. To end dance, stomp right foot forward while extending both arms outwards shoulder high.