

The Right Stuff

拍數: 0 牆數: 0 級數:
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音樂: You Got It (The Right Stuff) - New Kids On the Block



Sequence: AABC AABCC AB*CC

PART A

STEP OUT, STEP IN, PRESS RIGHT RECOVER, BEHIND SIDE CROSS

- 1-2 Step right to right side, step left to left side
&3-4 Step right at center, step left in front of right foot while right shoulder pops up and left shoulder pops down, hold step while left shoulder pops up with left hand on left hip and right shoulder pops down
5-6 Press diagonally forward right on ball of right foot, recover weight on left
7&8 Step right foot behind left foot, step left to left side, step right foot across left foot

STEP OUT, STEP IN, PRESS LEFT RECOVER, BEHIND SIDE CROSS

- 1-2 Step left to left side, step right to right side
&3-4 Step left at center, step right in front of left foot while left shoulder pops up and right shoulder pops down, hold step while right shoulder pops up with right hand on right hip and left shoulder pops down
5-6 Press diagonally forward left on ball of left foot, recover weight on right
7&8 Step left foot behind right foot, step right to right side, step left foot across right foot

2 WALKS, HEEL & TOUCH, HIP BUMPS, ¼ TURN LEFT WITH HEEL

- 1-2 Walk forward on right, walk forward on left
&3&4 Step back on right, left heel forward, step left next to right, touch right next to left
5-6 Stepping right foot to right side with a hip bump to right, hip bump to left
7&8 Hip bump to right, hip bump to left, ¼ turn left by stepping back on right foot and left heel lifted in front of right foot

½ TURN, COASTER CROSS, C-BUMPS, ¼ TURN LEFT

- 1-2 Step forward on left, ½ turn left by stepping back on right
3&4 Step left foot back, step right next to left foot, ¼ turn left by stepping left slightly forward and across right
5&6& ¼ turn left by stepping right to right side and bump hip up to the right, return to center, bump hip down to the right, return to center
7&8& Bump hip up to the right, return to center, bump hip down to the right, shift weight onto left foot while hooking right foot into a figure 4

PART B

RIGHT VINE, SWEEP

- 1-4 Step right to right side, hold, cross left over right, hold
5-6 Step right to right side, step left behind right
7-8 Sweep right around to back, step right behind left

LEFT VINE, SWEEP

- 1-4 Step left to left side, hold, cross right over left, hold
5-6 Step left to left side, step right behind left
7-8 Sweep left around to back, ¼ turn left by step left to left side

CROSS RECOVER BIG STEP DRAG TWICE

- 1-2 Cross right over left, recover left

- 3-4 Right big step to the right, drag left to next of right
5-6 Cross left over right, recover right
7-8 Left big step to the left, drag right to next of left

PIVOT ¼ TURN, LEFT VINE, POINT

- 1-4 Step right forward, hold, pivot ½ turn left, hold
5-6 ½ turn left by stepping right foot back, ¼ turn left by stepping left foot to the left
7-8& Step right across left, point left to left side, step left next to right

Execute a ¼ turn left just before the 3rd sequence of Part B to face the back wall again

PART C

POINT LEFT & RIGHT, RIGHT HEEL, TOUCH, STEP BACK AND KNEE POPS

- 1&2& Point right to right side, step right next to left, point left to left side, step left next to right
3&4 Place right heel forward, step right next to left, touch left next to right
&5&6 Small step back on left foot, pop right knee, small step back on right foot, pop left knee
&7&8 Small step back on left foot, pop right knee, small step back on right foot, pop left knee

POINT RIGHT & LEFT, LEFT HEEL, TOUCH, STEP FORWARD AND KNEE POPS

- 1&2& Point left to left side, step left next to right, point right to right side, step right next to left
3&4 Place left heel forward, step left next to right, touch right next to left
&5&6 Small step forward on right foot, pop left knee, small step forward on left foot, pop right knee
&7-8 Small step forward on right foot, touch left foot behind right foot (both knees slightly bent),
fast unwind ½ left (straighten up body with weight on left)
17-32 Repeat counts 1-16
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