Somebody's Watchin'



拍數: 0

牆數:2

級數: Intermediate/Advanced hip hop

編舞者: Benjamin Smart (AUS)

音樂: Somebody's Watching Me (feat. Michael Jackson) - Rockwell

Sequence: AAB, AAB, AAAB, AAB

PART A

2 WALKS, HEAD TURNS, DRAG BALL CROSS

- 1-2 Walk forward right, left
- &3 Step right to right side, step left to left side
- &4 Turn head ¼ to left (9:00), turn head ¼ to right (12:00)
- 5-6-7 Drag right to left for 3 counts
- &8 Step right next to left, cross left over right

1/2 TURN, POINT, HITCH AND TOUCH WITH HANDS

- 1-2 Turn ¼ left stepping back on right, turn ¼ left stepping left to left side
- 3 Put both arms straight out in front of body, facing (6:00)
- 4 Fold both arms in from elbows, across chest with left arm under right arm
- 5 Keeping left arm in same position, twist right arm from elbow straight up in air
- 6 Swing right arm in a ¹/₂ circle left pointing to your right knee
- 7 Point right hand to your left knee
- 8 Bring left knee up into a hitch, while putting your right hand to the right cheek of face

HEAD TURNS, COASTER, FULL TURN, DOUBLE BOUNCE

- 1-2 With right hand on cheek, turn head ¼ turn left (3:00), turn head ¼ right (6:00)
- 3&4 Step left back, step right next to left, step left forward
- 5-6 Turn ¹/₂ left stepping back on right, turn ¹/₂ left stepping forward on left
- 7 Turn ¼ left stepping right to right side feet shoulder width apart
- &8 Bend both knees, straighten both knees

CLOSE SIDE, BODY ROLL DOWN, ¼ TURN BODY ROLL UP, KICK BALL CHANGE

- &1-2 Step left next to right, step right to right side, hold
- 3-4 Body roll down into bent knee position
- 5-6 With knees bent turn ¼ left stepping right next to left, body roll up
- 7&8 Kick right forward, step right next to left, step left forward

PART B

SAILOR WITH SAILOR ½ TURN, SAILOR WITH HOLD

- 1 Step right to right side
- 2&3 Step left behind right, step right to right side, step left to left side
- 4& Step right behind left, step ¼ turn left while stepping forward on left
- 5 Turn ¼ turn left stepping right to right side
- 6&7 Step left behind right, step right to right side, step left to left side keep weight on left
- 8 $\frac{1}{2}$ turn left touching right next to left

SIDE LUNGE WITH BELLYDANCER HEAD MOVEMENTS, BALL CROSS WITH FINGER CLICKS

- 1-4 Lunge right to right side, drag left foot to right while moving head side to side x 3 times as in a belly dancer movement
- &5-6 Step left next to right, cross right over left, click left fingers
- &7-8 Step left to left side, cross right over left turning a ½ turn left, weight on left hold



SAILOR WITH SAILOR ½ TURN, SAILOR WITH HOLD

1-8 Repeat the complete 1-8 count in Part B

SIDE LUNGE WITH BELLYDANCER HEAD MOVEMENTS, BALL CROSS WITH FINGER CLICKS

- 1-4 Lunge right to right side, drag left foot to right while moving head side to side x 3 times as in a bellydancer movement
- &5-6 Step left next to right, cross right over left, click left fingers
- 7-8 Step left to left side, touch right next to left