

Step On The Good Foot

拍數: 32 牆數: 2 級數: Improver hip hop
編舞者: Matthew Oakley (UK)
音樂: Hey Mama - Black Eyed Peas



2 WALKS, SCUFF & HEEL, SIDE STEP, HOLD, & CROSS

- 1 Step left foot forward
- 2 Step right foot forward
- 3 Scuff left foot forward
- & Step left foot down
- 4 Touch right heel forward
- 5 Step right foot to right side
- 6 Touch left foot to right foot
- 7 Hold position
- & Step weight down onto left foot
- 8 Cross right foot over left foot

2 WALKS TURNING ¼ LEFT, FORWARD MAMBO STEP, FORWARD STEP TURNING ½ RIGHT, STEP TOGETHER, RIGHT SAILOR STEP

- 1 Step left foot forward, turning 1/8 left
- 2 Step right foot forward, turning 1/8 left
- 3 Rock forward on left foot
- & Transfer weight to right foot
- 4 Step back on left foot
- 5 Turn ¼ right and step right foot to right
- 6 Step left foot next to right foot
- 7 Cross right foot behind left foot
- & Step left foot to left side
- 8 Step right foot to right side

TOUCH BEHIND, TOUCH SIDE TWICE, LEFT SAILOR STEP, ½ SWITCH TURN

- 1 Touch left foot behind right foot
- 2 Touch left foot to left side
- 3 Touch left foot behind right foot
- 4 Touch left foot to left side
- 5 Step left foot behind right foot
- & Step right foot to right side turning ¼ left
- 6 Step left foot forward
- 7 Step right foot forward
- 8 Turn ½ turn left, transferring weight to left foot

STEP FORWARD, SMALL JUMP, SIDE TOUCHES, NOD X3, STEP TOGETHER

- 1 Step right foot forward
- 2 Jump forward slightly with both feet bringing feet together, end weight on left foot
- 3 Touch right foot to right side
- & Step right foot next to left foot
- 4 Touch left foot to left side
- 5-6-7 Nod head 3 times transferring weight to left foot
- 8 Step right foot next to left foot

REPEAT

