

Step 2 1

拍數: 32 牆數: 4 級數: Improver
編舞者: Helena Jeppsson (SWE)
音樂: One, Two Step (feat. Missy Elliott) - Ciara



WALK TWICE, SCUFF, HITCH, STEP TWICE, ¼ TURN RIGHT, LOOK TO SIDE

- 1 Walk forward on right foot (12:00)
- 2 Walk forward on left foot
- &3 Scuff right heel sideways (3:00), hitch right knee, step forward on right foot (12:00)
- &4 Scuff left heel sideways (9:00), hitch left knee, step forward on left foot (12:00)
- &5 Step back on right foot (6:00), step forward on left foot (12:00)
- 6 Turn a ¼ turn to right (3:00)
- 7 Look to left side (12:00)
- 8 Look back to front (3:00)

Arm movements: touch, ¼ turn right as sitting down, ¼ turn right as sitting up, touch forward twice

- 9 Put right hand on left elbow
- 10 Touch right toe beside left, turn left arm behind right arm, point left arm up (¼ turn angle)
- 11 Turn a ¼ turn right, as sitting down (6:00)
- 12 Turn a ¼ turn right as sitting up (9:00) weight on left foot
- 13 Touch right foot forward
- 14 Step right foot beside left
- 15 Touch left foot forward
- 16 Step left foot beside right

STEP TO SIDE, HOLD, BEHIND, SIDE, TOUCH, HITCH, STEP TO SIDE, HOLD, BEHIND, SIDE, TOUCH

- 17 Step right foot to side (12:00)
- 18 Hold
- &19 Step left foot behind right, step right to side
- 20 Touch left toe diagonally forward (7:30)
- & Hitch left knee
- 21 Step left to side (6:00)
- 22 Hold
- &23 Step right foot behind left, step left to side
- 24 Touch right toe diagonally forward (10:30)

STEP BACK, ¼ TURN RIGHT, TWIST KNEES, TOUCH FORWARD, SLAP LEFT INSTEP & HEEL, ARM MOVEMENT ¼ TURN RIGHT

- 25 Step back onto right foot (3:00)
- 26 Turn a ¼ turn right (12:00), step left to side (9:00)
- 27& Twist knees in, twist knees out (bend position and weight on right foot)
- 28 Touch left foot forward (12:00)
- 29& Slap left hand on left instep, slap left hand on left heel
- 30 Step forward on left foot (12:00)
- 31 Put right arm out to right side (3:00), closed fist, knuckle facing forward (6:00)
- & Turn a ¼ turn right, as twisting right arm (pointing forward), knuckle facing down
- 32 Hitch right knee, pull right arm next to body in an angle of ¼ turn

REPEAT

TAG

After the forth wall

1-2

Touch right toe diagonally forward, make a body roll diagonally backwards (7:30)

3-4

Make a body roll back up, weight ends on left
