

Switch

拍數: 36 牆數: 4 級數: Intermediate hip hop
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音樂: Switch - Will Smith



ROCK RECOVER ROCK, SIDE, BOUNCE, HAND & HEAD MOVE, BEHIND SIDE CROSS

1&2 Rock forward on right, recover on left, rock forward on right, recover on left
3&4 Step left to left side (and body turn 1/8 to the right), bend knees, straight up
5-6 Say yes 2 times with your head and your hand on chin level on the same time
7&8 Step left behind right, step right to the side, step left across in front off right

SIDE JUMP, LOCK WITH ARMS, SIDE, TWIST ¼, ROCK RECOVER ROCK RECOVER, TOUCH BACK, TURN ½

&1-2 Jump on right to right side, and lock left behind right and hands across above your head, step left to left
3&4 Twist both heels to the left, twist both heels to the right, turn and twist both heels ¼ to the right
5&6& Rock on the right, recover, rock on the right, recover
7-8 Touch right back, turn ½ to the right side weight is on right

¼ TURN, JEANS MOVE, ARM MOVE, HEAD MOVE, WALKS

1 ¼ turn to the right side step left to left weight is on left
& Bend left knee strait right leg bend upper body with hands to your right feet
2& Pull with both hands your jeans up and down
3& Band your right arm on shoulder level circle with under arm tree times to the right(upper body still down)
4 Stomp with your left arm forward wile straiten your upper body and left knee
5 Look to the 1/8 to the right and say yes with your head (your left arm is still forward)
6 Look to ¼ to left side and say yes with your head (your left arm is still forward)
7-8 Step forward with left feet ¼ to the right, step ½ turn to the right side forward with right

PUSH ROCK BACK HEEL SLIDE, ¼ TURN, APPLEJACK LEFT, TWIST ½, SIDE BEHIND SIDE WITH CLAP HANDS

1-2 Rock forward on left, push back to right in a heel slide with left
3 Step left ¼ to left
&4 Twist on left toe and right heel to the left side and back to center
& Turn on both feet turn ½ to the right (your right feet is now cross in front off left)
5-6 Step left to left side, step right behind left
7 Step left to left and straight both hands forward and clap (you start now a arm movement)
&8 Push with right hand your left arm to left while slide your right hand slide over the inside off your left arm and chest and straiten your right arm to the right side and your left arm bent on your back

TAP 3X, SAILOR STEP

1&2 Tap left in cross of front left, tap forward, tap left to the left side left
3&4 Step left behind right, step right ¼ turn to left back, step left forward

REPEAT