

Switch It

拍數: 0 牆數: 4
編舞者: Benjamin Smart (AUS)
音樂: Switch - Will Smith

級數: Intermediate/Advanced hip hop



Sequence: AAAAA, A(1-24), B, A to end

SECTION A

ISOLATED BODY TURNS WITH SYNCOPATED STEP

- 1 Twist your lower body from waist down, a $\frac{1}{4}$ turn left
- 2 Twist your body from your waist to your shoulders, a $\frac{1}{4}$ turn left
- 3 Twist your head a $\frac{1}{4}$ turn left, weight on right
- & Step back on left, turn your head right
- 4 Step right forward, look at 9:00
- 5 Step forward left
- 6 Step forward right
- 7 Step forward left
- & Lock right behind left
- 8 Step left forward

$\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN, SAILOR STEP, UNWIND

- 1 Step back on right, turning $\frac{1}{2}$ turn back
- 2 Hook left behind right
- 3 Unwind turning $\frac{1}{2}$ turn left with weight on right
- 4 Ronde left leg to left side
- 5 Step left behind right
- & Step right to right side
- 6 Step left to left side
- 7 Step right behind left while turning a $\frac{1}{4}$ turn right
- & Step left in place
- 8 Step right diagonally forward

CRIP WALK, ROCK & CROSS TWICE

- 1 Jump on right leg, and place left heel at right instep
- & Jump on left leg, and place right toe at left instep, moving forward
- 2 Jump on left leg, and place right heel at left instep, moving forward
- & Jump on right leg, and place left toe at right instep, moving forward
- 3 Jump on right leg, and place left heel at right instep, moving forward
- & Jump on left leg, and place right toe at left instep, moving forward
- 4 Jump on left leg, and place right heel at left instep, moving forward
- 5 Rock right to right side
- & Step left in place
- 6 Cross right over left
- 7 Rock left to left side
- & Step right in place
- 8 Cross left over right

$\frac{1}{4}$ TURN, $\frac{1}{2}$ TURN, $\frac{1}{2}$ TURN BACK, 3 BOUNCES, KICK BALL CHANGE

- 1 Step right to right side, while turning a $\frac{1}{4}$ turn right on right toe
- & Drop right heel
- 2 Step left to left side, while turning a $\frac{1}{2}$ turn left on left toe

- & Drop left heel, weight on left
- 3 Turn a ½ turn left, stepping back on right toe
- & Drop right heel, weight on right
- 4 Step left next to right
- 5 Jump with both feet together, a ¼ turn left
- & Repeat count 5
- 6 Jump with both feet on spot, weight ending on left
- 7 Kick right foot forward
- & Step on right foot
- 8 Step on left

SECTION B

4 COUNT WAVE

- 1 Weight still on left foot, put your right up over your head and wave it left
- 2 Wave your right back to right
- 3 Wave your right hand back to left
- 4 Wave your right hand back to right

CROSS UNWIND, STEP & SLIDE

- 1 Rock right foot to right side
- & Rock weight on to left
- 2 Cross right over left
- 3 Unwind a full turn ending with weight on left
- 4 Step right to right side
- 5 Tap left next to right
- 6 Step left to left side
- 7 Slide right next to left
- 8 Touch right next to left

STEP TAP WITH KNEE SWIVELS WHILE MOVING FORWARD

- 1 Step diagonally forward on right toe
- & Drop right heel, weight on right
- 2 Step diagonally forward on left toe
- & Drop left heel, weight on left
- 3 Step diagonally forward on right toe
- & Twist right knee to left side
- 4 Twist right knee to right side
- & Drop right heel
- 5-8 Repeat counts 1 to 4 with left leg
- & Drop left heel

2 X LOCK CROSS BACK, COASTER STEP, JUMP HEEL STEPS

- 1 Step diagonally back on right
- & Cross left over right
- 2 Step back on right
- 3 Step diagonally back on left
- & Cross right over left
- 4 Step back on left
- 5 Step back on right leg
- & Step left next to right
- 6 Step right foot forward
- 7 Jump on left leg and place right heel out to front
- & Jump on right leg and place left heel out to front
- 8 Jump on left leg and place right heel out to front

CROSS LUNGE TURN, HEEL JUMPS

- 1 Rock right out to right side
- & Step left in place
- 2 Cross right over in front of left
- 3 Rock on left leg in a lunge position to left side
- & Turn a ½ turn left, traveling to 6:00 wall
- 4 Step on left leg
- 5 Cross right over in front of left
- 6 Step on left
- 7 Facing 4:30, jump on right leg & place left heel out in front
- & Jump on left leg, place right heel out in front
- 8 Jump on right leg, place left heel out in front

CROSS OVERS, HEEL JUMPS, JUMPING TURNS

- 1 Cross left in front of right
- 2 Step right to right side
- 3 Jump on left leg, placing right heel out at 1:30
- & Jump on right leg, placing left heel out at 1'30
- 4 Jump on left leg, placing right heel out at 1'30
- 5 Cross right over left
- 6 Step left next to right
- 7&8 Weight on both feet jump a 1/8 turn to the left with the counts 7&8

Repeat hand waves at beginning of Section B
