

U & Ur Hand

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Kash Bane (UK)
音樂: U + Ur Hand - P!nk



STEP, SPIRAL, ¼ STEP AND TOUCH, 1 ¼ TURN AND TOUCH

- 1 Step left foot forward
- 2 Full spiral over right shoulder crossing right leg over left shin
- 3 Make a ¼ turn right stepping down on right foot
- 4 Touch left next to right foot
- 5 Make a ¼ turn left stepping forward on left foot
- 6-7 Make a full turn left stepping back on right then forward on left foot
- 8 Touch right next to left foot

TAP, ¼ STEP, POINTS, HITCH, CROSS, POINT, FLICK, SCUFF

- &1 Tap right toe to right side, make a ¼ turn right stepping forward on right foot
 - 2&3 Point left toe to left side, return to center, point right toe to right side
 - 4 Hitch right knee across left leg
 - 5 Cross right foot over left
 - 6 Point left toe forward
 - 7 Make a ¼ turn right on ball of right foot while flicking left leg backwards
- On count 7 either slap your left heel with left hand on flick or grab foot at ankle for styling**
- 8 Scuff left foot at right

PRESS, RECOVER, MODIFIED CHASSE, RIGHT CHASSE

- 1 Press forward onto left foot
- 2 Recover onto right foot by pushing off left
- 3-4 Step left to left side, hold
- &5 Step right next to left, step left to left side
- 6 Touch right toe next to left
- 7&8 Step right to right side, close left foot next to right, step right to right side

1 ¼ TURN RIGHT, POINT, HOLD, FLICK, TOE TAP, SIDE ROCK

- 1 Make a ½ turn over right shoulder stepping left to left side
- 2 Make a ¾ turn over right shoulder stepping forward on right
- 3-4 Point left toe forward, hold
- &5 Slide left back and flick backwards
- 6 Tap left toe behind right foot
- 7-8 Rock left out to left side, recover onto right foot

REPEAT
