

Urban Style Pt 1

拍數: 32 牆數: 4
編舞者: Kash Bane (UK)
音樂: The Call - Backstreet Boys

級數: Intermediate/Advanced hip hop



KICK ROCKS TWICE, SCUFF WITH DOLLY STOMP, CROSS AND UNWIND

- 1&2& Kick right foot forward, step down onto right foot, rock left foot behind right foot, recover onto right foot
- 3&4& Kick left foot forward, step down onto left foot, rock right foot behind left, recover onto left
- You can replace the kick rocks with heel jacks for a slightly harder alternative**
- 5&6 Scuff right foot at left, arch out to right side, putting full weight onto right foot make a power stomp to right side by lowering from arch movement
- 7-8 Cross right over left and fully unwind over left shoulder

KICK OUT-OUT, BODY ROLL WITH SQUAT, RISING KICK BALL HEEL, ½ PIVOT TURN, STEP

- 1&2 Kick right foot forward, step right foot to right side, step left foot to left side
- 3&4 Body roll down starting at shoulders, when you reach your hips fall down into a squat as if you are sitting on your heels
- You can just do a normal body roll over the two counts and alter the next step to a normal kick ball heel**
- 5&6 While rising, kick right foot forward, step right down, dig left heel forward
- 7-8 Pivot a ½ turn over right shoulder keeping weight on left heel, step forward on right

ROCK AND KICK, COASTER STEP, STOMPS WITH ARCH SWINGS

- 1&2 Rock left foot forward, recover onto right foot, hop back onto left foot kicking right foot forward
- 3&4 Step right foot back, step left foot next to right, step right foot forward
- 5-6 Stomp left foot to left side while making a semicircle with right arm from left shoulder out to right side
- 7-8 Stomp right foot to right side while making a semicircle with left arm from right shoulder to left side

CROSS, ¾ UNWIND, ¼ TURN, ½ TURN SQUAT, ¾ TURN, HOLD, HIP BUMPS

- 1-2 Cross right foot over left and unwind ¾ over left shoulder
- 3-4 Make a ¼ turn by stepping right foot to right side, make a ½ turn stepping left to left side and squatting down into in
- 5&6 Rising up from squat make a ½ turn stepping right to right side, make a further ¼ turn stepping left to left side, hold
- Instead of the hold, you can substitute it by slapping both hands on left hip**
- 7&8 Bump hips to left, then to the right, then to the left

REPEAT
