

Urban Style Pt 3

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



RUNNING MAN, STEP, SCUFF, DOUBLE TAP, ½ TURNING SWIVELS

- 1& Jump feet apart, right at forward right diagonal and left at back left diagonal, jump right foot to center and hitch left knee at right leg
- 2& Jump feet apart, left at left forward diagonal and right at back right diagonal, jump left to center and hitch right knee at left leg
- 3&4 Jump feet apart, right at forward right diagonal and left at back left diagonal, jump both feet to center, jump feet apart, right at forward right diagonal and left at back left diagonal
- &5 Step left foot to center, scuff right foot at left
- &6 Tap right foot slightly back, tap right foot further back
- 7&8 Make a ½ turn over right shoulder swiveling feet left, right, left

ROCK STEP, JUMP SPLIT, ½ TURN HITCH, STEP, CROSS, UNWIND, HITCH, SQUAT

- 1&2 Rock left foot behind right, recover onto right, step left next to right
- 3-4 Jump both feet shoulder width apart, do a half turn on ball of left foot, hitching right knee
- &5-6 Step down on right, cross left over right, unwind a ½ turn over right shoulder
- 7-8 Hitch right knee, squat down (as if sitting on heels), resting hands on knees for support

OUT CROSS OUT, ¼ HITCH TURNS, FULL TURN, CROSS, STEP, SCUFF

- 1&2 Jump both feet shoulder width apart, jump crossing right over left, jump both feet shoulder width apart
- 3-4 Make a 1/8 turn left hitching right knee, make a 1/8 turn left hitching right knee
- 5-6 Do a full turn stepping right back then left forward

For a harder version add a ronde on the last half turn

- 7&8 Cross right foot over left, step left to left side, scuff right foot at left

PRESS, PUSH, RIGHT SAILOR, ¼ TURN TAP, KICK, COASTER STEP

- 1-2 Press right foot to right side (put weight onto right leg and lean into it), push off of right leg making a small kick to right side
- 3&4 Cross right foot behind left, step left foot to left side, step right foot to right side
- 5-6 Do a ¼ turn left tapping right foot at left foot, kick left foot forward and hop back slightly on right foot
- 7&8 Step left foot back, close right foot to left, step left foot forward

REPEAT

Can be it's own separate dance or can be added to the Urban Style Series as one big dance. This is part 3 of the Urban Style Dance