

Viben

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Marlon Ronkes (NL)
音樂: Viben - K-Libre



STEP, CROSS (3X), STEP, TOUCH

- 1 Right foot - big step to the side
- 2 Left foot - cross over
- 3 Right foot - big step to the side
- 4 Left foot - cross over
- 5 Right foot - big step to the side
- 6 Left foot - cross over
- 7 Right foot - step to the side
- 8 Left foot - touch to the side

ARM-HEAD MOVEMENTS, CROSS, HOLD, UNWIND

- 9 Right-arm in front, left-arm behind (both hands flexed) turn head left
- 10 Left-arm in front, right-arm behind (both hands flexed) turn head right
- 11 Right-arm in front, left-arm behind (both hands flexed) turn head left
- 12 Left-arm in front, right-arm behind (both hands flexed) turn head right

Slightly bend your knees at count 9-12

- 13 Right foot - cross behind left foot
- 14 Hold
- 15-16 Unwind full-turn (to the right)

STEP, ARM MOVEMENTS

- 17 Right foot - step slightly to the side, bend right-arm with fist up
- 18 Left-arm cross fist in front of right-arm
- 19 Both arms fists up
- 20 Drop elbows
- 21-24 Repeat 17-20 (but don't step your right foot (count 17))

KNEES IN, CLAP, KNEES OUT, HEAD TURN, CLOSE, STEPS BACK (SHIMMY)

- 25 Knees in, clap in front of your body with stretched arms
- 26 Knees open, bend arms aside with hands up (beside your head)
- 27 Turn head right
- 28 Turn head left
- 29 Close legs
- 28 Drop down arms
- 29 Right foot - step back (shimmy shoulders)
- 28 Left foot - step back (shimmy shoulders)
- & Turn ¼ turn to the right

REPEAT