

Wat'z U'r Flava

拍數: 48 牆數: 0 級數:
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音樂: What's Your Flava? - Craig David



KICK FORWARD BACK, SWIVEL, COASTER STEP, TOUCH OUT IN OUT

1-2 Kick right foot forward and straight back
3&4 ½ turn with swivels, swivel heels right left right as you turn
5&6 Right coaster step
7&8 Touch left foot out to left side touch left next to right and touch out to left side

BEHIND SIDE IN FRONT, ROCK, BUMP HIPS TWICE, COASTER STEP, ROCK FORWARD AND BACK

1&2 Step left behind right, step right to right side and step left in front of right
3&4 Rock right to right side and bump hips forward back forward
5&6 Right coaster step
7-8 Rock left foot over right and rock back onto right

1 FULL TURN AND A HALF, WALK RIGHT, LEFT, ROCK FORWARD AND STEP BACK

1&2 Turn 3 ½ turns over your right shoulder
3-4 Walk forward on right foot and then left foot
5&6 Rock forward on your right foot step onto your left and step back onto right foot
7-8 Left coaster step

SKATE, SKATE SHUFFLE, SKATE, SKATE SHUFFLE

1-2 Skate right, skate left
3&4 Right diagonal shuffle
5-6 Skate left, skate right
7&8 Left diagonal shuffle making ¼ turn to the left

STEP TURN HITCH, COASTER STEP, KICK BALL TOUCH, KICK BALL TOUCH

1-2 Step forward on right foot, turn ½ turn to the left and hitch left foot
3&4 Left coaster step
5&6 Right kick ball touch your left behind your right
7&8 Left kick ball touch your right behind left

BUMP HIPS, ROCK AND CROSS, KICK AND CROSS, UNWIND

1-2 Bump hips right twice
3&4 Step left to left side, step right to right side and cross left over in front of right
5&6 Kick right foot and cross left over in front
7-8 Unwind 1 full turn over your right shoulder

REPEAT
