

In Public

拍數: 48 牆數: 4 級數: Intermediate
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音樂: In Public - Kelis



STEP RIGHT, KNEE SWIVELS, STEP AND SLIDE RIGHT, SHOULDER LIFTS

- 1 Step ball of right foot to right side, (the following arm movements are optional)
- 2 Turn right knee out (open right arm out to right side in line with right thigh - fist clenched)
- 3 Turn right knee in (move right arm over with right thigh as you turn the knee in - fist clenched)
- & Turn right knee out (open right arm out to right side in line with right thigh - fist clenched)
- 4 Touch right foot next to left (cross right arm over left pointing down - fists clenched)
- 5-6 Step right foot to right side, slide left foot next to right (end with weight on left foot)
- 7&8 Lift right shoulder, lift left shoulder, lift right shoulder

HITCH AND DIG, & CROSS, HOLD, & CROSS, UNWIND ½ TURN LEFT, BODY ROLL

- 1& Hitch right knee across left leg, step back on right foot to right diagonal
- 2& Dig left heel forward to left diagonal, bring left foot back to place
- 3-4 Cross right foot over left, hold for one count
- &5 Step left to left side, cross right foot over left
- 6 Unwind half turn left
- 7&8 Body roll (finish with weight on right foot)

WALKS FORWARD, FULL TRIPLE TURN RIGHT, KICK & TOUCH, ½ TURN LEFT, TOE TAPS

- 1-2 Walk forward on left foot, walk forward on right foot
- 3&4 Make a full turn right stepping left, right, left
- 5&6 Kick right foot forward, step right to place, touch left foot back
- 7 Turn half turn left (keeping weight on right)
- &8 Tap left toe twice in front

WALK BACK, LEFT COASTER STEP, STEP, CROUCH DOWN, STEP OUT RIGHT, LEFT, RIGHT

- 1 Step back on left foot (face forward but angle body to left diagonal)
- 2 Step back on right foot (face forward but angle body to right diagonal)
- 3&4 Step back on left foot, step right foot beside left, step left foot forward
- &5 Step right foot forward next to left, crouch down with hands on thighs
- 6 Stand up straight (feet still together)
- 7 Step out with right foot, (cross arms over at shoulder height - fists clenched)
- & Step out with left foot, (pull elbows back at shoulder height - fists clenched)
- 8 Step out with right foot, (punch both arms forward at shoulder height - fists clenched)

These arm movements are optional

THIGH SLAPS, HIP SWAYS RIGHT AND LEFT, TOE SWITCHES RIGHT AND LEFT

- 1-2 Slap right hand on right thigh, slap left hand on left thigh
- 3-4 Bending knees, dip down and sway right hip up to right side
- 5-6 Bending knees, dip down and sway left hip up to left side (slide right foot next to left - without weight)
- 7& Point right toe to right side, step right foot next to left
- 8& Point left toe to left side, step left foot next to right

POINT, FULL MONTEREY TURN RIGHT, POINT, HITCH, LUNGE AND KICK, LEFT COASTER CROSS

- 1 Point right toe to right side

- &2 Push off on right foot and turn full turn right on ball of left foot, finish turn by stepping down on right foot
- 3-4 Point left toe to left side, hitch left knee across body to right diagonal
- 5 Lunge forward on left foot to right diagonal
- 6 Kick left foot to right diagonal (bringing weight back onto right foot)
- 7&8 Step back on left foot, step back on right foot, cross left foot over right

REPEAT
