

I Hate Rap

拍數: 44 牆數: 4 級數: Improver
編舞者: Garry Saline (USA)
音樂: I Hate Rap - Confederate Railroad



HEEL HOOK, HEEL, HEEL, TOGETHER, HEEL HOOK, HEEL, HEEL, TOGETHER

1-2 Right heel forward, right heel across left foot
3&4 Right heel forward 2 times & in place
5-6 Left heel forward, left heel across right foot
7&8 Left heel forward 2 times & in place

HEEL HOOK, SHUFFLE RIGHT, HEEL HOOK, SHUFFLE LEFT

9-10 Repeat 1-2
11&12 Step forward right, close left to right, step forward right
13-14 Repeat 5-6
15&16 Step forward left, close right to left, step forward left

STOMP, FAN, IN, OUT, IN, STOMP, FAN, IN, OUT, IN

17-18 Stomp right foot forward, fan out to right
19&20 Fan in, out, in
21-22 Stomp left foot forward, fan out to left
23&24 Fan in, out, in

½ MONTEREY TURN RIGHT, ½ MONTEREY TURN LEFT

25-26 Touch right toe to right side, step right next to left as you turn ½ turn to right
27-28 Touch left toe to left, step left to right
29-30 Touch left toe to left side, step left next to right as you turn ½ turn left
31-32 Touch right toe to right, step right to left

HEEL HOOK, RIGHT, LEFT, TOGETHER, HEEL HOOK, LEFT, RIGHT, TOGETHER

33-34 Repeat 1-2
35&36 Swing right foot out to right, swing right foot in to left, step in place
37-38 Repeat 5-6
39&40 Swing left foot out to left, swing left foot in to right, step in place.

¼ TURN LEFT, STOMP, STOMP

41-42 Step right foot forward with ¼ turn left, step left beside right
43-44 Stomp right, stomp left

REPEAT
