

I Made It, He Changed It!

拍數: 32 牆數: 4 級數: Improver
編舞者: Leif Henrik Gronvold (NOR) & Raymond Sarlemijn (NL)
音樂: Disco Inferno - 50 Cent



HITCH, ¼ TURN, TOUCH, COASTER STEP, FORWARD RIGHT DIAGONAL, 1/8 TURN RIGHT, FORWARD LEFT DIAGONAL, ¼ TURN, KICK STEP, TOUCH

- 1-2 Hitch right knee brush left hand on right shoulder, step right foot down turn ¼ left & touch left heel forward
- 3&4 Step left foot back, step right foot beside left foot, step left foot forward
- 5& Step right foot forward to right diagonal with your body turned to left diagonal, step left foot beside right foot pivot 1/8 turn to right (9:00)
- 6 Step left foot forward to left diagonal with your body turned to right diagonal
- 7&8 Turn ¼ to left & kick right foot forward (face 10:30), step right foot down, touch left foot behind right foot

Arm movements

- 7&8 Point elbow's forward with right hand up & touch left hand inside of right elbow, point left hand up, touch right hand inside of left elbow, place left hand in front of your chest, point right arm out to right & look to the right

¼ TURN, HAND ROLL, KNEE PRESS, SCUFF, BRUSH, ¼ TURN, STEP SIDE, SWIVEL, ¼ TURN, HEEL TOUCH, ¼ TURN, TOUCH

- 1-2 Turn ¼ to left step left foot forward, roll right hand over your head, press right knee forward, place right hand beside right hip
- 3&4 Scuff right foot forward, brush right foot back while you do this turn ¼ to left, step right foot to right side
- 5&6 Cross left foot behind right foot, recover weight back to right foot, step left foot to left side weight on right foot
- 7& Swivel right heel to right touch left heel ¼ turn to left, (face 9:00) swivel right foot back to center touch left toe ¼ turn back to right (face 12:00) weight on right foot
- 8& Swivel right heel to right touch left heel ¼ turn to left, (face 9:00) swivel right heel back to center turn ¼ to right step left foot down (face 12:00) weight on left foot

CROSS, HITCH, CROSS, GRAPEVINE LEFT, STEP FORWARD, PIVOT ½ TURN, PIVOT ¼ TURN

- 1&2 Cross right foot over left foot, recover weight back to left foot hitch right knee, cross right foot behind left foot
- 3&4 Step left foot to left cross right foot over left foot step left foot to left side
- 5-6 Skate right foot forward, pivot ½ turn left, weight on left foot
- 7-8 Step right foot forward, pivot ¼ turn to left on ball of both feet, weight on left foot (face 9:00)

CROSS ROCK, ELBOW PRESS, PIVOT ½ TURN, STEP FORWARD BOUNCE KNEES

- 1&2 Cross right foot over left foot press left elbow to left, right elbow to right, recover weight back to left foot, step right foot to right side
- 3&4 Cross left foot over right foot press right elbow to right, left elbow to left, recover weight back to right foot, step left to left side
- 5-6 Step right foot forward pivot ½ turn left
- 7-8 Step right foot forward place right hand in front of your chest bounce knee's forward, step left foot beside right foot with feet apart place left hand in front of your chest bounce knee's forward

REPEAT