

I Wanna Know

拍數: 48 牆數: 4 級數: Intermediate hip hop
編舞者: Michael Thompson (USA)
音樂: James Dean - Daniel Bedingfield



4 WALKS BACK, TOUCH RIGHT BACK, 3 SWIVELS INTO ½ TURN

1-4 Step right foot back, step left foot back, step right foot back, step left foot back
5-8 Touch right foot back, twist heels ¼ left so that body turns ¼ right, twist heels ¼ right so that body stays facing side wall, twist heels ¼ left and turn ¼ right, keeping weight back on left foot

BEND AND STRAIGHTEN KNEES (4X)

9-16 With weight on left foot, bend both knees so that body lowers, straighten both knees so that body straightens up, repeat 3 more times (3-8)

Make this move as funky as you want; put your hips into it, do some body or hip rolls, be creative with these 8 steps. Work with the music

TOUCH RIGHT, CROSS, TOUCH LEFT, CROSS, REPEAT

17-24 Touch right foot to right side, cross right foot over left, touch left foot to left side, cross left foot over right, repeat counts 17-20 (5-8)

TOE HEEL STRUT RIGHT AND LEFT, APPLEJACKS (OR SWIVELS) WITH ¼ TURN LEFT

25-28 Touch right toe forward, bring heel down, touch left toe forward, bring heel down
29-32 Swivel left toe and right heel to left while beginning ¼ turn left, swivel right toe and left heel to left while continuing ¼ turn left, swivel left toe and right heel to left while finishing ¼ turn left, swivel right toe and left heel to left in place, ending with weight on left foot

An alternate to this move is to swivel both toes, then heels, then toes, then heels to the left while completing ¼ turn left

2 RIGHT KICK-BALL-CHANGES

33-36 Kick right foot forward, place right ball of foot behind left and take weight to the ball, change weight to left foot, repeat counts 1-2 (3-4)

2 MONTEREY TURNS TO RIGHT

37-44 Touch right foot to right side, pivoting ½ turn to right on ball of left foot, drag right foot into left foot and put weight on right foot, touch left foot to left side, step left foot next to right, repeat counts 5-8 (1-4)

HIP ROLLS TO THE LEFT

45-48 Push hips to right side, roll hips forward and around to left side, roll hips back and around to right side, roll hips forward and around to left side, taking weight to left foot

REPEAT