

How Kud U?

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Robert Glover (UK) & Guyton Mundy (USA)
音樂: Lady T (Hot Toddy Remix) - Crazy P



KNEE POP, KICK BALL STEP, HEEL SWIVEL, HEEL LIFT / KNEE POPS, STEP POINT, CROSS BACK ¼

- &1 With right out to right side on a right foot press, pop knee out while tilting head to right, pop right knee in while bringing head back to center
- 2&3 Kick right foot forward, step right in place, step left foot forward
- &4 With weight on balls of both feet, swivel both out heels to left, recover to center
- &5 With weight on balls of both feet lift both heels, lower heels
- 6-7 Step left next to right, point right to right side
- 8&1 Cross right foot over left, step back on left, step right to right making a ¼ turn to right

¼ WEAVE AROUND, FULL MONTEREY, SIDE ROCK CROSS WITH ¼

- 2-3 Make a ¼ turn over your right shoulder stepping left to left side, step back on right making a ¼ turn to right while dragging left into right
- 4&5 Step left behind right, make a ¼ turn to right stepping forward on right, step forward on left
- 6-7 Point right to right, make a full turn to right on left foot, bring right to left ending with weight on right
- 8&1 Rock left to left side, recover weight on right, make a ¼ turn to right stepping forward on left

ROCK RECOVER, ¼, ¼, FORWARD, ROCK/RECOVER, ½, STEP LOCK

- 2-3 Rock forward on right, recover weight on left foot
- 4&5 Step back on right making a ¼ turn to left, step forward on left making ¼ turn to left, step forward on right
- 6-7 Rock forward on left, recover weight on right
- 8&1 Make a ½ turn over left shoulder step forward on left, step forward on right, lock left behind right

UNWIND FULL TURN, SLIDE, COASTER STEP

- 2-3 Unwind full turn to left keeping weight on left, side step right to right
- 4&5 Step back on left, step together with right, step forward on left
- 6-7 Step forward on right, make ½ turn over left stepping forward on left
- 8-1 Sweep right around making a ½ turn to the left, touch right beside left

HEEL GRIND WALK BACKS, COASTER, STEP LOCK STEP

- 2-3 Step back on right while grinding left heel, step back on left while grinding right heel
- 4&5 Step back right, left, right, while grinding opposite heel
- 6&7 Step back on left, step together with right, step forward on left
- 8&1 Step forward on right, lock left behind right, step forward on right

STEP ½ TURN, STEP HEEL POPS, HITCH, BACK, BACK, TOUCH

- 2-3 Step forward on left, make a ½ turn to right stepping forward on right
- 4&5 Step forward on left, make a ½ turn to the right swiveling both heels around to left, hitch right up

Option:

- 4&a5 Bring right heel into left heel while making a ¼ turn to the right, take left heel out to left while making a ¼ turn to the right, then hitch right knee up
- 6-7 Step back on right, step back on left
- 8 Touch right to right side

REPEAT
