

Hot 'n' Sweaty

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Intermediate hip hop
編舞者: Guyton Mundy (USA) & John Robinson (USA)
音樂: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



MAMBO, BACK-TOGETHER-CROSS, TOUCH OUT-IN-SIDE STEP, CROSS, UNWIND WITH HITCH

1&2 Left rock forward, recover back to right, left step next to right
3&4 Step right back, left step next to right, right step across left
5&6 Left touch out side left, left touch next to right, left large step side left
7-8 Right step across left, unwind full turn to the left hitching left knee

WALK FORWARD, TRIPLE FORWARD, WALK BACK, SYNCOPATED STEPS TURNING ½ LEFT, OUT-OUT

1-2 Left step forward diagonally left, right step forward diagonally right
3&4 Three small steps forward: left, right, left
5-6 Step right back, step left back
&7&8 Step right back, pivot ½ left (to 6:00) stepping left forward, right step side right, left step side left

LOOK, LOOK, SIDE BODY ROLL, STEP, CROSS, UNWIND, HITCH

&1-2 Turn head to look right, turn head to look forward, hold
3-4 Execute a side body roll right, settling weight onto right hip
5-6 Left step in place, right lift getting ready to cross over left
7-8 Right step across left, unwind full turn hitching left knee

SQUAT, BODY ROTATION, SYNCOPATED KNEE POP WITH ¼ TURN RIGHT, CHASE TURN, STEP FORWARD, TOUCH

1-2 Left step side left squatting down and moving body to the left right to left, straighten up ending with weight on left
3&4 Right knee turn out side right, right knee turn forward, right knee turn out stepping ¼ right (9:00)
5&6 Step left forward, pivot ½ right shifting weight to right (3:00), step left forward
7-8 Right large step forward, left touch next to right

REPEAT
