

Help Me

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Brett Johnston (UK)
音樂: All for You - Janet Jackson



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- 1&2 Kick right & step forward onto left
3-4 Turn ¼ turn over the right shoulder
5-8 Moon walks back or walk back right, left, right, left
- 9 Change weight
10 Turn ¼ turn over the left shoulder changing the weight at the same time
11-12 Step on the ball of the left foot turn ¼ turn over the left shoulder
13 Change the weight
14 Kick left on a diagonal to the left
15 Cross the left foot over the right
16 Touch right toe behind
- 17 Put weight on ball of right foot
18& Turn over the left shoulder step on left foot
19 Step forward on the right foot
20&21 Step forward left, bring right to left step left forward
22 Step right out to right side
23 Step out on the left foot
24 Hold
- 25-27 Touch right hand on the left shoulder, touch right hand on right shoulder, bring hand down by your side
28-30 Repeat steps 25-27 using other hand
31 Cross arms above head
32 Bring arms down (at the same time change weight to left so you ready to kick on the right)

REPEAT
