

拍數: 32 牆數: 4 級數: Improver hip hop
編舞者: Garth Bock (USA)
音樂: If You Wanna Dance - Nobody's Angel



Presented at The Gateway Dance Workshop in St. Louis, Mo. On April 17th, 2004 and dedicated to the great people I met there

SCUFF OUT OUT, TWISTS, COASTER STEP, SYNCOPATED PIVOT

1&2 Scuff right foot forward, step right foot to side, step left foot to left side
3&4 Twist heels right, left, right turning body $\frac{1}{4}$ left (weight on right foot)
5&6 Step left foot back, step right next to left, step left foot forward (coaster step)
7&8 Step right foot forward, pivot $\frac{1}{2}$ turn left, step right foot forward

ROCK STEP, $\frac{1}{4}$ TURN SHUFFLE, WEAVE, ROCK CROSS

9-10 Rock forward on left foot, recover weight on right
11&12 Step left foot $\frac{1}{4}$ turn left, step right next to left, step left to left side
13&14 Step right behind left, step left to left side, cross right over left
15&16 Rock left to left side, recover weight on right, cross left over right

HEEL JACKS (OR BUMPS), TOE TOUCH $\frac{1}{4}$ TURN, COASTER

17&18 Step right to right side, touch left heel at left diagonal
&19&20 Step left back, cross right over left, step left back, touch right heel at right diagonal
21-22 Touch right toe at left instep, turn knee out turn $\frac{1}{4}$ turn right
23-24 Step right back, step left next to right, step right forward

LEFT SHUFFLE, ROCK STEP, TWO STEP TURN, RIGHT WALK, LEFT WALK

25&26 Step left forward, step right next to left, step left forward
27-28 Rock forward on right, recover weight on left
29-30 Turn $\frac{1}{2}$ turn right step forward on right, turn $\frac{1}{2}$ right step back on left
31-32 Walk forward on right, walk forward on left

REPEAT

Optional: on counts 17-20 you can bump hips right, right, then left, left
