

Get Your Own

拍數: 32 牆數: 4 級數: Intermediate hip hop
編舞者: Kash Bane (UK)
音樂: Don't Mess With My Man (Version 1) (feat. Jagged Edge) - Nivea



WALKS, ½ STEPPING TURN, 1 ½ TURN, HITCH STEPS

- 1-2 Walk forward right then left (12:00)
- 3&4 Step forward on right foot, step left to right making a ½ turn, step forward on right (6:00)
- 5&6 Do a 1 ½ triple step turn over right shoulder (12:00)
- 7&8 Hitch right knee, step back on right foot, hitch left knee (add attitude to the hitches)

LEFT COASTER STEP, HITCH COMBO, ARM MOVEMENTS WITH FULL TURN, HITCH

- 1&2 Step back on left, close right next to left, step forward on left
- 3 Hitch right knee and bring left elbow to right knee
- &4 Step down on right foot, hitch left knee while throwing arms down beside knee
- &5 Step down on left foot, throw arms out to sides as if in a crucifix position
- &6 Bring arms in and cross right over left, fully unwind
- 7 Throw arms out to sides again
- 8 Hitch right knee and throw arms down to either side of your knee

TURNING SAILOR SLIDE, LEFT COASTER STEP, KNEE POPS, HAND MOVEMENTS

- 1&2 Step right behind left, step left to left side making a ¼ turn to the left, take a large step to the right on right foot
- 3&4 Step left back, step right next to left, step forward on left
- 5-6 Pop right knee forward twice while popping upper body
- 7&8 Point right hand down and to the left, point forward on right hand above right arm and to the left, point right hand forward once again above left arm and to the left

THROW, HOP, POINTS WITH ARMS, SWING, JUMPS WITH PUMPS

- 1-2 Keeping left hand in position, throw right arm down to right side so your pointing to the floor, hop to the left using whole body
- 3&4 Point right foot to right side and bring hands to head so right elbow points up and left elbow points down, bring right foot in and bring elbows in, point left to left side and open up elbows so left elbow points up and right elbow points down
- 5-6 Swing left leg in and step right foot to right side (drop arms)
- 7-8 Jump back twice and pump arms while holding them flat next to your ribcage palms facing upward

REPEAT
