

Fresher

拍數: 64 牆數: 4 級數:
編舞者: John Robinson (USA)
音樂: Gimme Some Love - Gina G.



KICK-BALL-CHANGES AND STEP, SLIDES

- 1&2 Right kick forward, right step ball of foot next to left raising left slightly off floor, left step in place
3-4 Right long step side right; left slide/touch next to right
5&6 Left kick forward, left step ball of foot next to right raising right slightly off floor, right step in place
7-8 Left long step side left ; right slide/touch next to left

SYNCOPATED TOE POINTS, WALK FORWARD, SHUFFLE FORWARD, ½ PIVOT RIGHT

- 1&2 Right toe forward, right step next to left, left toe forward
&3-4 Left step next to right, step right forward, step left forward
5&6 Step right forward, left slide behind right in 3rd position, step right forward
7-8 Step left forward, pivot ½ turn right onto right

FORWARD WALKS WITH HIP SHAKES

- 1-2 Left step forward ; right step forward
&3&4 Left touch next to right, bump hips left twice, shifting weight left
5-6 Right step forward ; left step forward
&7&8 Right touch next to left, bump hips right twice, shifting weight right

KICK, CROSS, UNWIND ¾ TURN RIGHT, CLAP, SIDE SHUFFLE LEFT, ROCK, STEP

- 1-2 Left kick forward ; left cross over right on ball of foot
3-4 Pivot ¾ turn right onto right ; clap hands
5&6 Left step side left, right step next to left, left step side left
7-8 Right rock behind left in 5th position ; left step in place

CROSSING STEPS TRAVELING RIGHT, HEEL JACKS

- 1-2 Right step side right ; left step across right
3-4 Right step side right ; left step across right
&5&6 Step right back, left heel forward, left step to center, right toe touch behind left heel
&7&8 Step right back, left heel forward, left step to center, right toe touch behind left heel

SIDE LEANS/LUNGES AND FORWARD STEPS

Styling tip: on the side rocks, lean your body over the rocking foot

- 1&2 Right touch side right rocking weight right, replace weight on left right step forward
3&4 Left touch side left rocking weight, replace weight on right left ; left step forward
5&6 Right touch side right rocking weight, replace weight on left right ; right step forward
7&8 Left touch side left rocking weight, replace weight on right left ; left step forward

TOE-HEEL TOUCHES WITH KNEE ROLLS

- 1-2 Right toe touch slightly side right, turning knee in toward left leg ; right heel touch in same place, turning knee out
3-4 Right ball of foot touch slightly side right, turning knee in toward left leg ; roll knee out to the right to straighten right leg, placing weight
5-6 Left toe touch slightly side left, turning knee in toward right leg ; left heel touch in same place, turning knee out

7-8 Left ball of foot touch slightly side left, turning knee in toward right leg ; roll knee out to the left to straighten left leg, placing weight

SIDE BODY ROLLS, ¼ PIVOTS LEFT

1-2 Body roll side right, shifting weight right

3-4 Body roll side left, shifting weight left

5-6 Right step forward ; pivot ¼ turn left onto left

7-8 Right step forward ; pivot ¼ turn left onto left

REPEAT
