

Double J Switch

拍數: 32 牆數: 4 級數: Intermediate/Advanced hip hop
編舞者: Junior Willis (USA) & Joey Warren (USA)
音樂: Switch - Will Smith



STEP, CROSS STEP, UNWIND ½ RIGHT, KNEE KNOCKS, SCUFF HITCH, HITCH, SHUFFLE ¾ LEFT

- &1-2 Step right in place, cross step left over right, unwind ½ turn to right (weight ending on both feet, facing 6:00)
- 3&4& On the balls of both feet, turn knees in toward each other, turn knees out, turn knees in, scuff ball of left forward in front of right
- 5-6 Hitch left knee in front of right, hitch left knee in front of right
- 7&8 Step left forward with a ¼ turn to left, step ball of right next to left, step left forward with a ½ turn to left (ending at 9:00)

SCUFF, STEP, SCUFF, STEP, SCUFF, STEP, STEP, HITCH ½ RIGHT, STEP, HITCH ¼ RIGHT, STEP, BODY ROLL

- &1&2 Scuff right heel forward, step down on right, scuff left heel forward, step down on left
- &3-4 Scuff right heel forward, step down on right, step left forward
- Styling (on scuff and steps, lean back slightly and scuff slightly out to the sides)**
- &5&6 Hitch right knee making a ½ turn to right, step right forward, hitch left knee making a ¼ turn to right, step left next to right (ending at 6:00)
- 7-8 Body roll down (ending with weight on left)

STEP, WALK, WALK, WALK, TOE, HITCH ½ TURN RIGHT, STEP, CROSS STEP, STEP, CROSS STEP, STEP, HEEL

- &1-2 Step right out to right side, walk forward on left to left diagonal, walk forward on right to left diagonal
- 3&4 Walk forward on left to left diagonal, toe right back, hitch right knee making a ½ turn over your right shoulder (ending at 12:00)
- &5-6 Step right slightly out to right, cross step left over right, step right out to right
- 7&8 Cross step left over right, step right in place, place left heel forward and out to left

STEP, WALK, WALK, OUT, OUT, STEP, CROSS, ¼ UNWIND, SHOULDER, SHOULDER, COASTER WITH SIDE STEP

- &1-2 Place ball of left next to right, walk forward on right to left diagonal, walk forward on left to left diagonal
- &3&4 Place ball of right slightly out to right, place ball of left slightly out to left, place ball of right next to left, cross step left over right
- 5&6 Unwind ¼ turn over right shoulder (ending at 3:00), drop left shoulder, switch and drop right shoulder
- 7&8 Step back on left ball, step right in place, step ball of left out to left (this will continue in with the & step on the first 8 counts)

REPEAT