

拍數: 40 牆數: 4 級數: Intermediate/Advanced

編舞者: Tonya Coon Moore (USA) 音樂: I'm Diggin' It - Alecia Elliott



OUT-OUT, IN-FORWARD, TO THE LEFT HIP ROLL, HEEL TWISTS, FOOT SLAPS, RIGHT & ARMS, **BODY ROLL**

&1	Step left foot slightly out to left, step right foot slightly out to right
&2	Step left foot home, touch right foot forward
3-4	Roll hips to the left
&5	Twist right heel to right, twist right heel to left
&6	Swing right foot out to right side and slap foot with right hand, swing right foot in front of left knee and slap foot with left hand
&7	Step right foot to right pushing arms straight out in front with hands in fists (crossing right over left), pull arms in to sides

88 Body roll

DIAGONAL STEP-TOUCHES, SQUAT, TOUCH BEHIND, STEP, STAND & CLAP

1-2	Step right foot diagonally forward to right, touch left foot next to right foot and snap fingers
3-4	Step left foot diagonally forward to left, touch right foot next to left foot and snap fingers
5	Step right foot to right (feet shoulder width apart)in a half-squat position with hands on thighs
6	Keeping in squatted position and hands on thighs touch left toe crossed behind right foot
7	Step left foot to left (shoulder width apart) still in squatted position and hands on thighs
8	Stand up and clap hands

BODY ATTITUDE, KICK-BALL-TOUCH 2X

1	Lean left turning body slightly to right and take right arm straight up snapping fingers
2	Lean to right turning body slightly to left
3-4	Lean to left turning body slightly to right, hold
5&6	Kick right foot forward, step ball of right foot home, touch left toe out to left side
7&8	Kick left foot forward, step ball of left foot home, touch right toe out to right side

HALF BOX, FINGER SNAP, PENDULUM STEPS, HEAD ROLL, SHIFT WEIGHT, TOUCH

1-2	Step right foot big step forward, step left foot next to right foot
3-4	Step right foot to right side, snap fingers of right hand
&5	Step left foot next to right foot, touch right toe to right side
&6	Step right foot next to left foot, touch left toe to left side
7&8	Roll head around right to left, switch weight to left foot by pushing off with right foot, touch right foot next to left foot

HIP ROLLS, SIDE ROCKS, TOUCH TOGETHER		
1-4	Turn ¼ to left in 4 counts rolling hips to the left 2x pushing off with right foot and weight on left	
	foot	
5	Step (rock) right foot to right side (weight evenly distributed)	
6	Step right foot next to left foot	
7	Step (rock) left foot to left side (weight evenly distributed)	
8	Touch left foot next to right foot (weight to right foot)	

REPEAT