

Cocoa Puffs

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Zac Detweiller (USA)
音樂: My Humps - Black Eyed Peas



WALK, WALK, OUT, OUT, HOLD, RIGHT SAILOR STEP, LEFT KICK, OUT, OUT

1-2 Walk forward right, left
&3 Step right foot out to right side, step left foot to left side
4 Hold
5&6 Step right foot behind left, step left foot to left, step right foot forward
7&8 Kick left foot forward, step left foot to left, step right foot to right

SIDE STEP, HOLD, SHRUG, SHRUG, SIDE STEP, HOLD, RIGHT ¼ SAILOR STEP

&1 Step left foot beside right, step right foot to right keeping feet shoulder width apart
2 Hold
&3&4 Shrug shoulders up, bring shoulders down, shrug shoulders up, down again
&5 Step right foot beside left, step left to left side, keeping feet shoulder width apart
6 Hold
7&8 Step right foot behind left, making ¼ turn right step left foot to left, step right foot to right side

OUT, OUT, LOOK, THRUST/BUMP, BODY ROLL, RIGHT ¼ SAILOR STEP

& Step left foot to left side raising right hand above forehead with palm facing out
1 Step right foot to right side (shoulder width apart) raising left hand beside right
2 Look to left holding current position
3&4 Thrust hips forward, return center, thrust forward (option: hip bumps right-left-right)
5&6 Body roll, downwards, (option: hip bumps left-right-left)
7&8 Step right foot to right, making ¼ turn right step left foot to left, step right foot to right side

WALK, WALK, ROCK, RECOVER ½ LEFT, ¼ ROCK AND CROSS, POINT, POINT

1-2 Walk forward left, walk forward right (facing 6:00)
3&4 Rock forward onto left foot, recover onto right, make ½ turn to left stepping forward
5&6 Rock right foot to right making a ¼ turn to left, recover weight to left, step right foot across in front of left (facing 9:00)
7&8 Point left foot to left side, step left beside right, point right foot to right side

REPEAT

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