

Cold Blooded

拍數: 32 牆數: 4 級數:
編舞者: Scott Blevins (USA)
音樂: Sophisticated Lady - Mýa



- 1-2 Step right foot forward, make ¼ right stepping left foot to left side (3:00)
3&4 Crossing right foot behind left rock onto ball of right foot, recover to left foot, make ¼ turn right stepping forward on right foot (6:00)
&5-6 Make ½ turn right on right foot (12:00), step left foot next to right foot, step right foot to right side
7&8 Crossing left foot behind right rock onto ball of left foot, recover to right foot, point left foot to left side
- 1&2 Kick left foot forward, step ball of left foot next to right foot, step right foot to right side
3-4 Cross step left foot over right foot, step right foot to right side
 "C-bumps"
5&6 Bump right hip up and to the right, return to center, bump right hip down and to the right
7&8 Repeat 5&6

OPTIONAL ARM/HAND MOTIONS

Think disco. Rotating from elbow with right hand in a fist, right arm will mimic hip motion in the shape of a "C". Right arm will go up on 5, down on 6, up on 7. On the '&' bring fist to chest with arm parallel to floor leaning head to left, and then finish on count 8 by pushing elbow right while snapping head to right

- &1-2 Take weight onto left foot, cross step right foot over left foot, step left foot back
3-4 Step right foot to right side, step left foot forward
5&6 Cross step right foot over left foot, step left foot out to left side, step right foot out to right side while pushing hips back
7-8 Step left foot forward, step right foot forward (prepping foot for a right turn)
- 1 Make a full turn right on right foot
&2 Step slightly back on the ball of left foot, change weight to right foot
3 Step forward with left foot (prepping foot for a left turn)
&4 Make ¾ turn left on left foot (3:00), step right foot to right side
5&6 Crossing left foot behind right rock onto ball of left foot, recover to right foot, point left foot to left side
7-8 Bump hips to left twice, shifting weight to left foot on count 8 and bringing right foot to center

REPEAT