

Cool Beans

拍數: 32 牆數: 4 級數: Advanced
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音樂: I Want You Back - *NSYNC



STEP, SLIDE, 4 KNEE POPS, HOP, SIDE STEP, SIDE, HOP RIGHT, CLAP

1-2 Step left foot forward, slide right foot forward beside left, "popping" left knee
&3 "Pop" right knee (weight on left), "pop" left knee (weight on right)
&4 Repeat &3
&5 Hop on right foot, take large step to left with left foot
6 Slide right foot beside left (no weight)
&7 Side step right, step left beside right
8 Clap

Ball-Change, 3 side Ball-Changes in ½ Turn Left, Walk Back right, left, right, Hip Twist

&9 Step right foot back, step left foot in place
&10 Side step right foot, step left foot in place
&11 Turning a quarter turn to left, step right foot to side, step left foot in place
&12 Repeat &11 above
13 Step right foot back
14 Step left foot back
15 Step right foot back
&16 Twist heels to left, straightening left knee to raise hip, twist heels to right (back in position)

Syncopated Travel Forward With Up/Down Motion, Walk Back Right-Left, ¼ Military Turn Left, Toes in /Out

17 Step forward on left keeping leg straight
&18 Step right foot behind left, step left foot forward, bending left knee
&19 Step right foot behind left, step left foot forward, straightening left leg
&20 Step right foot behind left, step left foot forward bending left knee
21 Step right foot back
22 Step left toe back
23 Pivot on both feet ¼ turn left
&24 Jump slightly, turning toes in then out

Step, Drag, Ball-Change, Walk Left, Right, ½ Pivot Left, Ball-Change, Pivot ½-Turn Left, (Hook)

25 Step right foot back
26 Drag left foot back along floor
&27 Step left foot back, step right foot forward
28-29 Walk forward left, right
30 Pivot ½-turn left on both feet (weight even)
&31 Step left foot back, step right foot forward
32 Pivot ½-turn left on both feet (weight even)
(& Hook left foot over right shin) optional step to lead into step #1

REPEAT