

Clothes Off

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Will Craig (USA)
音樂: Clothes Off - Gym Class Hero



CROSS ¼, ½ BACK, BOX STEP

- 1&2 Cross step right foot over left, step left foot to side, turn ¼ turn right and step right foot beside left
- 3-4 Step left foot forward, turn ½ right and step right foot back
- 5-6 Cross step left over right, step right foot back
- 7-8 Step left foot to side, step right foot forward

During the box step, lean your body over the foot with the weight for counts 5-8

WALKS, TRIPLE ½ TURN, WALKS ½ TURN, CROSS

- 1-2 Walk forward left, walk forward right
- 3&4 Step left foot forward, turn ½ turn right and step left foot beside right, step left foot forward
- 5-6 Step right foot forward, turn ½ turn right and step left foot back
- 7-8 Step right foot to side, cross step left over right

KNEE POPS, HOLD, AND STEP, ¼, ¼, ½, AND STEP

- 1&2 Step right foot to side (knee turned out), turn right knee in, turn right knee out
- 3&4 Hold (leaning right), step left foot beside right, step right foot forward
- 5-6 Turn ¼ turn right and step left foot to side, turn ¼ turn right and step right foot to side
- 7&8 Turn ½ turn right and step left foot to side, step right foot beside left, step left foot to side

BODY POPS, WALK OUT, OUT, IN, IN

- 1-2 Step right foot in place, step left foot in place
- On count 1, bend right knee while popping the left knee out. On count 2, raise body up by straightening both knees while weight goes to the left**
- 3-4 Repeat steps 1-2
- 5-6 Step right foot forward and slightly side, step left foot to side
- 7-8 Step right foot back and slightly left, step left foot beside right

Lean body over the foot with the weight for counts 5-8

REPEAT