

Can We Fix It?

拍數: 32 牆數: 4 級數: Beginner
編舞者: Matt Jenkins (UK)
音樂: Can We Fix It - Bob The Builder



KICK & POINT, SIT - STAND, KICK STEP, STEP, HIP SWINGS

- 1&2 Kick right to right side, step right in place, point left foot forward
- 3-4 Bend right knee so you are in a sitting down position angling your body diagonally right, stand up facing front
- 5&6 Kick left foot forward, step weight onto left, step right in place
- 7-8 Swing hips right, swing hips left (over exaggerate by swinging arms in the same direction)

ROCK &, HITCH ½ TURN (SQUAT), POINT AND STEP (TWICE)

- 9&10 Left rock behind right, step weight onto right, step left in place
- 11-12 Hitch left knee while turning ½ over right shoulder ending with weight on left
- 13-14 Point left across right, step left in place (shoulder width apart)
- 15-16 Point right across left, step right in place

POINT BEHIND (TWICE), JUMP FORWARD, ATTITUDE BUMPS

- 17-18 Point left behind right, step left in place
- 19-20 Point right behind left, unwind ¾ turn
- &21 Jump forward on left, forward on right
- &22 Jump forward on left, step right shoulder width apart
- 23-24 Bump hips right, bump hips left (hands on head for attitude)

SLAP, SLAP, LOOK, POINT (COLGATE SMILE), PADDLE TURNS (½)

- 25-26 Slap right buttock with right hand, slap left buttock with left hand
- 27-28 Angle body ½ over right shoulder, point index finger with thumb upwards and smile!
- 29-30 Push left toe out to side turning 1/8th (paddle turn), push left toe out to side turning 1/8th (paddle turn)
- 31-32 Repeat steps 20-30 ending with weight on left foot

REPEAT
