

# The Bronx

拍數: 32      牆數: 3      級數: Intermediate  
編舞者: Raymond Sarlemijn (NL)  
音樂: Jenny from the Block - Jennifer Lopez



## STEP OUT (FUNKY), HIP MOVEMENT, SNAKE ROLL, HITCH UP KNEE

- 1 Step out in front on your right feet and put your chest to the front
- & Bounce back on your left feet will doing this bring your chest back in normal position
- 2 Put your weight back on your right feet, will doing this bring your chest to the front
- & Bring your chest back to normal position in the middle of your body
- 3 Step out in front on your left feet and put your chest in front
- & Bounce back on your right feet will doing this bring your chest back in normal position
- 4 Put your weight back on you left feet and put your chest back in front
- 5 Step out on your right feet next to your left feet, will doing this swing your hip to the right side
- & Swing your hip to the left
- 6 Swing your hip to the right
- & Swing your hip to the left
- 7 Swing your hip to the right
- & Start making a snake roll to the right
- 8 Finish snake roll will doing this hitch up your left knee

## SHUFFLE TO THE LEFT, TURN AROUND STEP OUT BEND YOUR KNEES AND MAKE A ROLL, SHOULDER MOVEMENT

- 1 Put your left leg on the ground
- & Put your right feet next to your left feet
- 2 Step out to the left on your left feet
- 3 Put your right feet behind your left feet
- 4 Turn  $\frac{1}{2}$  over your right shoulder
- 5 Step out on your left feet
- & Bend your knees and put your chest to the right side
- 6 Roll your chest to the left side
- & Slide your right leg next to your left leg
- 7 Put your left shoulder up and push your right shoulder down
- & Push your right shoulder up and your left shoulder down
- 8 Push your left shoulder up and your right shoulder down

## WALK TO THE FRONT, TURN $\frac{1}{4}$ BOUNCE YOUR CHEST, TURN $\frac{3}{4}$

- 1 Step out to the front on your right feet but finish the count like walking against a wall (robotic)
- 2 Step out to the front on your left feet but finish the count like walking against a wall (robotic)
- 3 Step out to the front on your right feet but finish the count like walking against a wall (robotic)
- 4 Step out to the front on your left feet but finish the count like walking against a wall (robotic)
- 5 Turn  $\frac{1}{4}$  to the right on your right feet and bounce your chest in front
- & Bounce your chest back to normal position
- 6 Bounce your chest back to the front and put your weight on it
- 7 Push on your right leg and make a slide with your left leg to the back
- & Put your right leg next to your left leg
- 8 Turn your body  $\frac{3}{4}$  to the left, and swing your arms in front off your body

## 2X HIP HOP, AND SWING YOUR BODY

- 1 Kick your right feet on front

- & Swing your right leg back and put it under your body and put your left leg in the air slightly off the floor
- 2 Kick your right foot in front
- & Swing your right foot back
- 3 Kick your left foot in front
- & Swing your left leg back and put it under your body and put your right leg in the air slightly off the floor
- 4 Put your left foot next to your right foot
- 5 Put your hands above your head and bring your right hip to the right side and bend through your knees
- 6 Hold your hands in the air and bounce your chest in front and push your hip to the left
- 7 Hold your hands above your head and bring your right hip to the right side and bend through your knees
- 8 Hold your hands in the air and bounce your chest in front and push your hip to the left

**REPEAT**

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