

Black Suits

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Paula Frohn (USA) & Michael Silva (USA)
音樂: Black Suits Comin' (Nod Ya Head) - Will Smith & TRÂ-Knox



Hand and head movements should only be done when dancing to Black Suits Comin' on sets 3, 6, 9. Start after the 48-count intro.

& STEP FORWARD (NODDING TWICE), COASTER STEP, & STEP SIDE (NODDING TWICE), BEHIND-SIDE-¼ RIGHT

& Step left foot back
1 Step right foot forward with right knee bent & leaning forward while nodding head placing left hand on left waist and right hand on right thigh
2 Hold and nod head
& Change weight to left foot
3&4 Step right foot back; step left foot next to right foot; step right foot forward
& Step left foot to side while looking to left side
5 Step right foot to side with right knee bent & leaning to side while nodding head to right placing left hand pointing straight out to left side and right hand on right thigh
6 Keeping left hand pointing left, hold and nod head again to right
7&8 Cross left foot behind right foot; step right foot to side; cross left foot in front & forward, making a ¼ turn right

RIGHT KICK-BALL-CROSS, HEEL BOUNCE 3 TIMES ½ RIGHT, LEFT KICK-BALL-CROSS, TAP-STEP-TAP

1 Kick right foot forward while nodding head to right shoulder
&2 Step right foot to side; cross left foot in front of right foot
3&4 Unwind ½ turn right, bouncing heels 3 times ending weight on right foot
5 Kick left foot forward while nodding head to left shoulder
&6 Step left foot to side; cross right foot in front of left foot
7&8 Tap left toe behind right heel; step left foot next to right foot; tap right toe next to left foot

RIGHT KICK-STEP-LOCK-STEP, LEFT KICK-STEP-LOCK-STEP, TURN ½ RIGHT W/RIGHT KICK-STEP-LOCK-STEP, LEFT KICK-STEP-LOCK-STEP

& Kick right foot forward
1& Step right foot forward; lock left foot behind right foot
2& Step right foot forward; kick left foot forward
3& Step left foot forward; lock right foot behind left foot
4 Step left foot forward
& Turn ½ right & kick right foot forward
5-8 Repeat 1-4

STEP BACK, TOUCH BACK, HEEL BOUNCE 3 TIMES ½ LEFT, LEFT KICK-STEP-TOUCH, RIGHT KICK-STEP-TOUCH

1-2 Step right foot back; touch left toe back
3&4 Turn ½ left, bouncing heels 3 times ending weight on right foot
5&6 Kick left foot forward; step left foot forward; tap right toe behind left foot
7&8 Kick right foot forward; step right foot forward; tap left toe behind right foot

REPEAT