

Body Lines

拍數: 32 牆數: 4 級數: Improver
編舞者: Adrian "Lion" Smith
音樂: Baby One More Time - Britney Spears



STEP, LEAN, SHIMMY, UP, HITCH, VAUDEVILLE

- 1 Step side left foot, left hand touch right hip
- 2 Left hand out to left(horizontal to floor) shoulder height
- 3&4 Shimmy
- 5 Step forward right foot, both hands up
- 6 Hitch left knee, pull both hands down
- & Step slightly back on left foot
- 7 Tap right heel forward
- & Step right foot in place
- 8 Tap left foot next to right foot

CROSS, UNWIND, CROSS, UNWIND, WALK BACK, HITCH, ¼ RIGHT STEP

- 9 Tap left foot across right foot, hands out to sides(horizontal)
- 10 Unwind ½ turn right, hands cross in front of chest
- 11-12 Repeat (9-10)
- 13-15 Walk back (left-right-left)
- & Hitch right knee
- 16 Turn ¼ right on left foot, step on right foot to right

BOWL, SPIN, SPREAD, PIVOTS, LOCK STEP

- 17-18 Left hand circle over head(bowl over) to touch right hip
- 19 Spin full turn to left on right foot
- &-20 Left foot out left, right foot out right
- 21 Pivot ¼ to left on right foot, step on left foot
- 22 Pivot ½ to right on left foot, step on right foot
- 23 Pivot ½ to left on right foot, step on left foot
- & Lock right foot behind left foot
- 24 Step forward on left foot

KICK, HOOK, TURN, TAP, TAP, HEAD, SPIN

- 25 Kick right forward
- 26 Hook right foot across left knee
- 27 Turn ¼ to left on left foot, right heel tap forward
- 28 Step right foot next to left foot
- 29 Tap left foot out left
- 30 Cross left foot behind right foot, left hand touch right hip
- 31 Pop head to look left
- 32 Unwind full turn to left

REPEAT