

Body Moves

拍數: 48 牆數: 2 級數: Intermediate hip hop
編舞者: Tina Riley (USA)
音樂: One, Two Step (feat. Missy Elliott) - Ciara



GRAPEVINE RIGHT WITH SYNCOPATED HITCH KICKS

- 1-2 Step right foot to right side, left cross step behind right
- &3& Step right foot to right side, tap your left heel forward, step back left into place
- 4&5& Right cross in front of left, step back with left foot, tap your right heel forward, step back right into place
- 6&7& Left cross in front of right, step back with right foot, tap your left heel forward, step back left into place
- 8 Right cross over left (weight ends lefts)

UNWIND ½ TURN LEFT, SIDE MAMBO'S, STEP FORWARD ½ TURN LEFT

- 1-2 Unwind ½ turn left for two counts (weight ends left, facing 6:00)
- 3&4 Rock right to right side, rock back onto left, step right next to left (weight ends right)
- 5&6 Rock left to left side, rock back onto right, step left next to right (weight ends left)
- 7-8 Step forward right, ½ pivot turn left (weight ends left, facing 12:00)

STEP FORWARD AT SLIGHT ANGLE RIGHT, LOCK STEP, HIP BUMPS, STEP FORWARD AT SLIGHT ANGLE LEFT, LOCK STEP, HIP BUMPS

- 1-2 Step forward right at angle, lock left behind right (weight ends right)
- 3&4 Bump hips right, left, right
- 5-6 Step forward left at angle, lock right behind left (weight ends left)
- 7&8 Bump hips left, right, left

GRAPEVINE RIGHT WITH HEEL, & CROSS, ¼ LEFT WITH HIP BUMPS

- 1-2 Step right to right side, step left behind right
- &3 Step right foot to right side, tap your left heel forward
- 4 Hold
- &5 Step left back into place, right cross over left
- 6 Hold (weight ends left)
- 7-8 Unwind ¼ left and bump hips twice to the right (facing 9:00)

GRAPEVINE LEFT WITH HEEL, & CROSS, ¼ RIGHT WITH HIP BUMPS

- 1-2 Step left to left side, step right behind left
- &3 Step left foot to left side, tap your right heel forward
- 4 Hold
- &5 Step right back into place, left cross over right
- 6 Hold
- 7-8 Unwind ¼ right and bump hips twice to the left (facing 12:00)

STEP FORWARD RIGHT, STEP FORWARD LEFT, BACK CROSS SIDE, BACK CROSS UNWIND ½ TURN LEFT

- 1-2 Step forward right at 45-degree angle, touch left next to right
- 3-4 Step forward left at 45-degree angle, touch right next to left (leave weight on left)
- &5-6 Step back right, left cross over right, step side right to right
- &7 Step back left, right cross over left
- 8 Unwind ½ turn left (weight ends left at 6:00)

REPEAT

