

Beep It

拍數: 32 牆數: 4 級數: Beginner hip hop
編舞者: Barry Durand (USA)
音樂: Beep - The Pussycat Dolls



FUNKY TOUCH FRONT, TOUCH BACK, TOUCH SIDE, TOUCH SIDE

1-2 Touch left toe forward, step left foot beside right
3-4 Touch right toe back, step right foot beside left
5-6 Touch left toe to left side, step left foot beside right

These can be side rocks instead of touches to make it funkier

7-8 Touch right toe to right side, step right foot beside left

These can be side rocks instead of touches to make it funkier

SWIVEL TO LEFT, DRAG, HEEL DROPS SWIVEL TO RIGHT, DRAG

1&2 Swivel left toes left, left heel left, left toes left
3 Drag left foot back next to right
&4 Drop heels twice
5&6 Swivel right toes right, right heel right, right toes right
7 Drag right foot back next to left
&8 Drop heels twice

JAZZ BOX ¼ TURN HITCH, BODY ROLL TWICE

1-2 Step left foot across right, step right foot back
3&4 Making ¼ turn left step left foot to left side, step right foot next to left, hitch left foot up
5-6 Touch left forward and body roll down - option: bump hips left forward twice
7-8 Body roll down again (or back up) - option: bump hips right back twice

LEFT COASTER, KICK BALL TOUCH, HIP BUMPS

1&2 Left coaster: step left foot back, step right foot together, step left foot forward
3&4 Kick right foot forward, step right foot next to left, touch left toe next to right foot
5&6 Bumps hips left, right, left
7&8 Bump hips right, left

REPEAT

TAG

Tag comes on walls 1, 4, 7, on wall 9 do the first 8 counts then tag, wall 11 tag ending

PIVOT QUARTER TURNS, PADDLE ½ TURN

1-2 Step left forward, pivot ¼ turn right step on right
3-4 Step left forward, pivot ¼ turn right step on right
5& Paddle turn a little more than 1/8 turn to the right by pressing left toe forward and turning to the right taking weight on right
6&7&8& Repeat 5& three times for 6&7&8& and you will have made only one half rotation for the entire counts 5-8 with the paddle turn