

Backstreet

拍數: 48 牆數: 0 級數:
編舞者: Claire McIver & Nichola Hill
音樂: Unknown



BACKWARD THRUSTS

- 1 Thrust right leg back
Hands are shoulder level, arms out in front of body, fingers spread. As dance starts, pull arms in and slightly out
& Hop on right foot raising left knee while returning arms to starting position
2 Thrust left leg back, pulling arms in and slightly out
& Hop on left foot raising right knee while returning arms to starting position
3 Thrust right leg back, pulling arms in and slightly out
& Raise right knee while returning arms to starting position
4 Thrust right leg back, pulling arms back and slightly out
& Hop on right foot raising left knee while returning arms to starting position

MODIFIED PENDULUM SWINGS WITH ARM MOVEMENTS

- 5 Point left toe out to left side
Punch left arm down at 45 degree angle to left and right arm up at 45 angle to right (hands are clenched in fists)
& Step left next to right
Bring arms in so they are bent and fists together in front of body
6& Reverse steps 5&
7 Point left toe to left side, pushing left arm across body (dropping right arm) and twisting upper body right
& Step left next to right, bring left arm in to body
8 Reverse step 7

KICK BALL CHANGE-KICK SEQUENCE AND ¾ TURN

- 9 Kick right foot across left
& Step right in place
10 Rock forward onto left
11&12 Repeat steps 9&10
13 Kick right foot across left
& Step right next to left
14 Kick left foot across right
15 Cross left behind right
16 Unwind ¾ turn left

DROP AND BODY ROLL TO STANDING

- 17 Slide left heel forward and thrust right arm straight up and left arm down, drop to floor with left leg out in front, right leg bent (resting on ball of right foot), right arm vertical above head (hand open with fingers spread) and weight resting on left arm
18 Hold above position
19 Bring right arm down to floor (weight is now on both arms) and jump together so both legs are bent (not tightly)
20 Jump feet apart
21-24 Push up in a body roll over four beats until you're standing with weight on right foot (touch left next to right on 4th beat)

ARM/STEP SEQUENCE WITH ¼ TURN

- 25 Kick left foot to left side, arms are bent, fingers spread with hands almost touching left hip. Push downwards in same direction as left leg, as you kick left foot
- & Raise left knee, bringing hands back to left hip
- 26 Repeat step 25
- & Step left foot next to right and put weight onto it, returning hands to left hip
- 27 Touch right foot forward bringing right hand to face (palm out & fingers spread) and right forearm horizontal, bring left hand behind waist (palm open & fingers spread) and face away from back, left forearm is horizontal.
- 28 Touch right foot back, reversing hand position
- 29 Raise right knee while pivoting ¼ turn left on left foot, reverse hand position
- 30 Bring right hand to face (palm open & fingers spread) and right forearm is horizontal. Both hands should be in front of face
- 31 Jump feet apart, knees slightly bent, pushing arms out to sides. Head is down
- 32 Flick head up and straighten legs so weight is on left foot

PUNCH AND POSE SEQUENCE

- 33 Pivot 1/8 turn left on left foot while kicking right leg out to right side and punching right arm (hand is clenched in a fist) up at 45 degree angle to right side & bend right arm in (arm ends up bent with elbow up at 45 degree angle and fist by right shoulder). Raise right knee so it is at a slight angle across body
- 34& Repeat step 33& without 1/8 turn
- 35 Pivot 1/8 turn left on left foot while kicking right leg to right side and punching right arm (hand is clenched in a fist) down at 45 degree angle to right side & bend right arm in (arm ends up bent with elbow down at 45 degree angle and fist by right shoulder, and raise right knee at a slight angle across body)
- 36 Step right leg out to right side and bend legs slightly and punch right arm (hand is still in a fist) back down to 45 degree angle to right side. Weight is now on both feet

Moves 37-40 should not be smooth. They should look almost robotic.

- 37 Palms open with fingers together. Bring both hands in front of body so they are across wrists in front of chest, left in front of right
- 38 Bend wrists and bring hands back (fingertips leading) so they end up facing up at elbows. They are at hips with forearms almost vertical
- 39 Turn head to right while straightening right leg and leaning back on left (left leg will be more bent) and bringing left hand (fingers are still together and palm is still open) to left cheek (resting behind jawbone) and straightening right arm out to right so palm is facing away from you
- 40 Hold above pose

ARM SWITCHES (WITH ½ TURNS) AND JUMPS

- 41 Cross right behind left keeping upper body in above position,
- 42 Step left to left side, keeping upper body in above position
- 43 Step weight quickly onto right foot and swing left leg round in front of right to make a ½ turn right. While doing this, swing arms round in front of body so you finish with right hand by right cheek and left arm out to left side. Head remains facing same direction.
- 44 Reverse step 43
- 45 Jump slightly forward, landing with toes facing slightly inwards. Hands are clenched in fists and cross left in front of right (at wrists) down (below elbows), in front of stomach (arms will be slightly bent) so fists are down (below elbows)
- & Jump slightly forward, landing with toes facing out and heels almost touching, and bend wrists, bringing right fist up under left so hands still form a cross but now right is front of left and in front of chest (just below chin.) Elbows are tight in to sides and below fists
- 46 Jump slightly forward, landing with feet in above position but further apart and circle forearms away from body (keeping elbows tight to sides) so fists end up down with fingers facing forward
- 47&48 Repeat steps 45&46

REPEAT
