

The Bad Touch

拍數: 44 牆數: 1 級數: Intermediate
編舞者: Nathan Rheome (USA)
音樂: The Bad Touch - Bloodhound Gang



ROCKING STEPS

- 1 Rock forward on right foot
- 2 Rock back on left foot
- 3 Step right foot next to left
- 4 Step back on left foot

HIP GYRATIONS

- 5-6 Roll hips to the right
- 7-8 Roll hips to the left
- 9-10 Bump hips right-left
- 11-12 Step back on right foot and hold

COASTER STEPS

- 13 Step back on left foot
- 14 Step back on right foot
- 15 Step back on left foot
- & Step back on right foot
- 16 Step forward on left foot

TURNS AND JUMP

- 17 Step forward on right foot
- 18 Make ½ turn to left (left foot should be forward)
- 19 Jump and bring right foot forward and left foot backward
- 20 Make ¼ turn to the left and bring feet together with your left heel raised (weight is on the ball of left foot)

MOONWALK, KICKS, AND STEP

- 21 Slide right foot back, raise right heel and drop left heel
- 22 Slide left foot back, raise left heel and drop right heel (weight on right foot)
- 23-24 Repeat steps 21-22
- 25-26 Kick left foot forward and out to the side
- 27-28 Step left foot beside right and hold (weight is now on left foot)

KICK-BALL-CHANGE, STEP BACK AND TURN

- 29 Kick right foot forward
- & Step on ball of right foot next left
- 30 Step left foot in place (weight is now on left foot)
- 31 Step back on right foot
- 32 Make ¼ turn to right and step left foot next to right

KNEE MOVEMENTS

- 33-34 Roll right knee to the right (weight is now on right foot)
- 35-36 Roll left knee to the right (weight is now on left foot)
- 37-40 Repeat steps 29-32
- 41 Bring right knee in
- 42 Bring right knee out and left knee in

- 43 Bring left knee out and right knee in
- 44 Bring right knee forward

REPEAT

Variations: instead of the Moonwalk (steps 21-24), an option is a back up with attitude
