

&1 (And One)

拍數: 48 牆數: 4 級數: Improver
編舞者: Holly Susan (Boots) Groeschel (USA)
音樂: Men In Black - Will Smith



SYNCOPATED BALL CHANGES: BACK, SIDE, FRONT, SIDE

& Stepping back on ball of right
1 Weight steps on left
& Stepping to the side on the ball of right
2 Weight steps on left
& Stepping to the front on ball of right
3 Weight steps on left
& Stepping to the side on ball of right
4 Weight steps on left

SLIDE WITH BODY ROLL, KICK BALL CHANGE

5 Step right sliding the right on the floor/roll body right (fluid motion)
6 Touch left next to right
7 Kick left forward
& Step left foot slightly back
8 Step on right in place

SYNCOPATED TAPS: BACK, SIDE, FRONT, SIDE

& Step back on ball of left
9 Step on right in place
& Step to the side on the ball of left
10 Step on right in place
& Step to the front on ball of left
11 Step on right in place
& Step to the side on ball of left
12 Step on right in place

SLIDE WITH BODY ROLL, KICK BALL CHANGE

13 Step left sliding the left on the floor and roll body left (fluid motion)
14 Touch right next to left
15 Kick right forward
& Weight on ball of right
16 Step on left

¼ TURN TOUCH WALKS, HIP BUMPS

17 Step right making a ¼ turn right (3:00)
18 Touch left next to right
19 Step on left making a ¼ turn left (facing original wall)
20 Touch right next to left
21 Step side with right (shoulder width apart) and push right hip right
22 Push right hip right
23 Push right hip right
24 Push right hip right

Snap fingers downward throughout counts 21-24

¼ TURN TOUCH WALKS, HIP BUMPS

- 25 Step left making a ¼ turn left (facing 9:00)
- 26 Touch right next to left
- 27 Step with right making a ¼ turn right (facing original wall)
- 28 Touch left next to right
- 29 Step side left (shoulder width apart) and push left hip left
- 30 Push left hip left
- 31 Push left hip left
- 32 Push left hip left

Snap fingers downward throughout counts 28-32

SYNCOPATED ROMPS

- 33 Step right with right
- 34 Step behind with left
- & Step right with right
- 35 Tap left heel diagonally forward
- & Bring left next to right
- 36 Cross right over left

SYNCOPATED ROMPS

- 37 Step left with left
- 38 Step behind with right
- & Step left with left
- 39 Tap right heel diagonally forward
- & Bring right next to left
- 40 Cross left over right

SYNCOPATED STOMP AND CLAPS

- 41 Stomp right moving sideways (towards 3:00)
- 42 Clap hands
- & Stomp left next to right
- 43 Stomp right moving sideways (towards 3:00)
- 44 Clap hands

JAZZ BOX, ¼ TURN AND TOUCH

- 45 Cross left over right make a ¼ turn right
- 46 Step back on right
- 47 Step side with left
- 48 Touch right next to left

REPEAT
