

Ala Ala Ala

拍數: 45 牆數: 4 級數: Intermediate/Advanced
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音樂: The Way I Mate - Rednex



STREET WISE RUNNING MAN STEPS

- 1 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 2 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 3 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together (both feet on floor)
- 4 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 5 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together hitching right knee
- 6 Jump feet diagonally apart, right foot forward, left foot back
- & Jump feet together hitching left knee
- 7 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both feet on floor)
- 8 Jump feet diagonally apart, left foot forward, right foot back
- & Jump feet together (both on floor) weight on left

ROCK, CHASSE, ROCK, CHASSE, COASTER STEP, CHASSE ¼ TURN

- 1-2 Rock back onto right foot, rock forward onto left foot
- 3&4 Step right to right side, close left besides right, step right to right side
- 5-6 Rock forward onto left foot, rock back onto right foot
- 7&8 Step left to left side, close right besides left, steps left to left side

COASTER STEP, CHASSE ¼ TURN, ½ PIVOT TURN, CHASSE ¼ TURN, ROCK

- 1&2 Step back on right foot, step left besides right, step forward right,
- 3&4 Step right to right side, close left besides right, step right to the right side making ¼ turn to the right
- 5-6 Step left foot forward make a ½ pivot turn over right shoulder
- 7&8 (Making a ¼ turn while chassing)step left to left side, close right besides left step left to left side,

ROCK, STEP ½ TURN, 2X KICK BALL CHANGE

- 1-2 Rock back onto right foot, rock forward onto left foot
- 3-4 Step forward on right & pivot ½ over left shoulder
- 5&6 Kick right foot forward, step back on ball of right, step left besides right
- 7&8 Kick right foot forward, step back on ball of right, step left besides right

TOE SWITCHES, 2X KICK BALL CHANGES, TOE SWITCHES WITH A ¼ TURN

- 1& Touch right toe out to right side, step right besides left
- 2& Touch left out to left side, step left besides right
- 3& Touch right out to right side, step right besides left
- 4&5 Kick right foot forward, step back on ball of right, step left besides right
- &6& Kick right foot forward, step back on ball of right, step left besides right
- 7& Touch right toe out to right side, step right besides left
- 8 Touch left out to left side

RIGHT TOE POINT WITH ¼ TURN TO RIGHT, 2X KICK BALL CHANGES

&1 Step left besides right, touch right out to right side

& On the right to make a ¼ turn to the right side

2&3 Kick right foot forward, step back on ball of right, step left besides right

4&5 Kick right foot forward, step back on ball of right, step left besides right

REPEAT
