

Hit Me

拍數: 32 牆數: 4 級數: Beginner
編舞者: David J. McDonagh (WLS) - February 1999
音樂: Baby One More Time - Britney Spears



SIDE SHUFFLE, CROSS SHUFFLE, ROCK STEPS

1&2 Step right to right side, step left beside right, step right to right side
3&4 Cross left over right, step right to right side, cross left over right
5&6 Step right to right side, rock to left side, rock to right side
&7&8 Rock to left side, rock to right side, rock to left side, rock to right side

SIDE SHUFFLE, CROSS SHUFFLE, ROCK STEPS

9&10 Step left to left side, step right beside left, step left to left side
11&12 Cross right over left, step left to left side, cross right over left
13&14 Step left to left side, rock to right side, rock to left side
&15&16 Step right to right side, rock to left side, rock to right side, rock to left side

SHUFFLE, SYNCOPATED ROCK STEP, SHUFFLE, SYNCOPATED ROCK STEP

17&18 Step right forward, step left beside right, step right forward
19&20 Step left forward, rock back onto right, step left back
21&22 Step right back, step left beside right, step right back
23&24 Step left back, rock forward onto right, step left forward

1/4 TURN TOUCH, SIDE TOUCH, SYNCOPATED VINE RIGHT

25-26 Turn a 1/4 turn left stepping right to right side, touch left beside right clicking fingers
27-28 Step left to left side, touch right beside left clicking fingers
&29 Step right beside left, cross left over right
&30 Step right beside left, cross left behind right
&31 Step right beside left, cross left over right
&32 Step right beside left, step left beside right.

REPEAT

ADVANCED DANCERS ALTERNATIVE STEPS

5& Point right to right side, raise/hitch right knee turning an 1/8th to the left
6-8 Repeat counts 5& another 3 times (in total you have done a full turn left)

13& Point left to left side, raise/hitch left knee turning an 1/8th to the right
14-16 Repeat counts 13& another 3 times (in total you have done a full turn right)

19-20 Step left forward, do a forward body roll over 2 counts rolling from front of left leg
23-24 Step left back, do a reversed body roll over 2 counts rolling from back of left leg.