Ass In Motion



拍數: 32 牆數: 4 級數: Intermediate

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音樂: Ain't a Love - Jamelia : (Album: Walk With Me)



WALK BACK X 2, KICK OUT, OUT, HIP BUMPS

1-2 Step back on left, step back on right

3&4 Kick left foot forward, step out to side on left, step right out to side (feet should be shouder

width apart

5-6 Bump hips left and look to your left., Bump hips right and look forward

7&8 Bump hips back, bump hips to the right, bump hips to the left. Weight ending on left foot.

CHASSE. POINT, POINT, BODY ROLL, TOUCH, TOUCH, STEP

9&10 Step right to side, close left right, step side on right 11-12 Point left toe over right foot, point left toe to left side.

13-14 Body roll Making ¼ turn to left (weight on left). Touch right to left.

15&16 Tap right toe slight to right, tap right toe out to right and step on right foot.

ROCK BACK STEP. BEHIND STEP TOUCH. SIDE. BEHIND. STEP CROSS STEP.

17&18 Rock back on left, forward on right and step left foot to side.

19&20 Step right behind left, step left to and touch right to diagonally across left foot...

21-22 Step side on right, cross left foot behind right.

23&24 Step side on right, cross left foot behind right, step side on right.

AND POINT, HALF TURN POINT, SAILOR STEP, TRIPLE HALF TURN, TRIPLE WHOLE TURN.

&25-26 Bring left foot to right and point right toe to side, pivot half turn left and point right toe to side.

27&28 Step right behind left, step left to side and step side on right foot,

29&31 Making ½ turn left triple left, right left

31&32 Making a whole turn right, triple right left right.

Start again? Happy dancing