

Feedback

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Feedback - Janet Jackson : (CD Single)



STOMP PULSE, KICK BALL TOUCH, BODY ROLL, HIP BUMP

1-2-3&4 Stomp forward left, lift heel and put back down, kick right, back right, touch left
5-6 Body roll top to right hip and bump right hip back
&7&8 Bump right hip up, back, up, back
End weight right

COASTER, KICK STEP CROSS, ¼ TURN, SYNCOPATED JAZZ

1&2 Coaster back by stepping back left, together right, forward left
3&4 Kick right, cross and step right in front of left, step back left
5 Turn ¼ turn to the right and step forward right
6&7-8 Jazz box by crossing and step left over right, step back right, step side left, forward right

TOUCH STEPS WITH HIPS, HIP BUMPS, AND DRAG

1-2-3-4 Touch left on front diagonal with hip left, step left, touch right on front diagonal with right hip, step right
5&6 Step side left with hip bump left and left with weight ending left
7-8 Push onto right to the side with shoulders to right, then push off the direction you came onto left foot with a big step or drag

TURNING ¼ SAILOR, BRUSH STEP TOUCH BEHIND, UNWIND, ½ TURNING SAILOR

1&2 ¼ turning sailor to the right by stepping behind right with slight turn, step in place left slight turn, forward right finishing the ¼ turn
3&4 Brush left forward and jump onto left then touch right behind left
5-6 Unwind ½ turn to the right and step onto right, then forward left preparing to turn right
7&8 ½ turning sailor to right by stepping behind right with slight turn, step in place left slight turn, forward right finishing the ½ turn

REPEAT

You don't have to do a restart, but if you want to it feels better toward the end. Restart would happen after 16 beats into the 9th wall. It is on a front wall.