

It's Murda

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Neville Fitzgerald (UK) & Julie Harris (UK) - January 2008
音樂: Hip Hop Police - Chamillionaire : (Album: Ultimate Victory)



Starts 32 Counts from 1st Beat.

Step, Touch, Step, Touch, Rock & Coaster Step, Step, Sailor 3/4 Cross.

- 1&2& Step Right forward to Right diagonal, touch Left next to Right, step Left forward to Left diagonal, touch Right next to Left.
3& Rock forward on Right, recover on Left.
4&5-6 Step back on Right, step Left next to Right, step forward on Right, step forward on Left
7&8 Make 1/4 turn to Right stepping Right behind Left, 1/4 to Right stepping Left next to Right, 1/4 turn to Right cross stepping Right over Left.

(&) Side, Cross, Kick, Cross, Back, Back, Cross, Side, Rock & 1/4 .

- &1-2 Rock to Left side on Left, recover on Right, cross Left over Right.
3&4& Kick Right forward, cross Right over Left, step back on Left, step back on Right.
5-6 Cross Left over Right, step Right to Right side.
7&8 Rock Left behind Right, recover on Right, make 1/4 turn to Left stepping forward on Left.

(&) Step, Together, Point & Point, Hitch, Coaster Step, Run, Run, Run.

- &1-2 Step Right next to Left, Big step forward on Left (Leaning back), step Right next to Left.
3&4& Point Left to Left side, step Left next to Right, point Right to Right side, hitch Right knee in front.
5&6 Step back on Right, step Left next to Right, step forward on Right.
7&8 Run forward L-R-L (small steps, knees slightly bent)

Heel & Heel & Cross, Side, Cross, 1/4 Rock, Together, Sailor 1/2.

- 1&2& Touch Right heel across Left, step Right next to Left, touch Left heel across Right, step Left next to Right.
3&4 Cross step Right over Left, step Left to Left side, cross step Right over Left (Dip knees on crosses)
&5-6 Make 1/4 turn to Left rocking forward on Left, recover back on Right, step Left next to Right.
7&8 Make 1/4 turn to Right stepping Right behind Left, 1/4 turn Right stepping Left next to Right, step forward on Right.

Out, Out, Step, 1/4 Cross & Cross, Side Together, Cross, Scissor Cross.

- &1-2 Step Left to Left side, step Right to Right side, step forward on Left.
3&4 Make 1/4 turn to Right cross stepping Right over Left, step Left to Left side, cross step Right over Left.
&5-6 Step Left to Left side, step Right next to Left (facing R Diag, bum out) cross Left over Right.
7&8 Step Right to Right side, step Left next to Right, cross Right over Left.

Side, Rock & Side, Rock & 1/4 , Rock & Back, Drag Together.

- 1-2&3 Step Left to Left side, rock Right behind Left, recover on Left, step right to Right side.
4&5 Rock Left behind Right, recover on Right, make 1/4 turn Left stepping forward on Left.
6&7 Rock forward on Right, recover on Left, big step back on Right.
8 Drag Left back to step next to Right.

Rock Forward & Back & Right Lock Step, Step 3/4 Step, Behind & Cross.

- 1&2& Rock forward on Right, recover on Left, rock back on Right, recover on Left.

- 3&4 Step forward on Right, lock Left behind Right, step forward on Right.
5&6 Step forward on Left, pivot 1/2 turn to Right, 1/4 to Right stepping Left to Left side.(L knee bent, R toe up)
7&8 Cross step Right behind Left, step Left to Left side, cross Right over Left.

Dip, Together, Kick & Rock &, Walk, Step, 1/2 Pivot, 1/2 Together.

- 1-2 Stepping Left to Left side squat bending both knees, recover to upright bringing Left next to Right (weight R)
3&4& Kick Left forward, step Left next to Right, rock back on Right, recover on Left.
5-6 Step forward on Right, step forward on Left.
7-8 Pivot 1/2 turn to Right, make 1/2 turn to Right on ball of Right stepping Left next to Right.

Begin again
