

C'mon

拍數: 32 牆數: 2 級數: Beginner
編舞者: Barbara Lowe (UK) - February 2008
音樂: Send It On - Sean Paul : (CD: The Trinity)



Or Music: Damn Girl by Justin Timberlake

R walk forward ,rock and cross ,L walk forward rock and cross

1-2 walk forward right left
3&4 rock right to right side ,recover weight onto left ,cross right over left
5-6 walk forward left right
7&8 rock left to left side ,recover weight onto right ,cross left over right

shuffle back right left ,traffic light 1/4 turn left

1&2 step back on right, close left next to right, step back on right
3&4 step back on left ,close right next to left ,step back on left
5&6 jump forward both feet together (red)jump forward both feet slightly apart (amber)
7&8 jump forward both feet more apart (green)jump forward turning 1/4 left

shuffle forward right left skate 4x 1/8

1&2 Step forward on right close left next to left, step forward right
3&4 step forward on left ,close right next to left ,step forward on left
5&6 skate 1/8 right on right foot,skate 1/8 on left foot
7&8 skate 1/8 right on right foot,skate 1/8 on left foot

shuffle forward right left 4 knee pops L,R,L,R

1&2 Step forward on right close left next to left, step forward right
3&4 step forward on left ,close right next to left ,step forward on left
5-6 pop left knee in to meet right knee, pop right knee forward
7-8 pop left knee in to meet right knee, pop right knee forward

start again
