

I-Duh

拍數: 32 牆數: 4 級數: Beginner
編舞者: Wrono - March 2008
音樂: Eye Deh a Mi Knee - Sean Paul : (CD: The Trinity)



RIGHT TOUCH, TOUCH, SAILOR STEP (REPEAT LEFT FOOT)

1-2 Touch right toe forward, touch right toe to the side
3&4 Cross right behind left, step left to left side, step right to side
5-6 Touch left toe forward, touch left toe to the side
7&8 Cross left behind right, step right to right side, step left to side

MAKE ¼ TURN (RIGHT), ¼ TURN (LEFT)

1 Step on right foot while making a ¼ turn to the right
&2 Step left foot next to right foot, step on right foot while making a ¼ turn to the right
&3 Step left foot next to right foot, step on right foot while making a ¼ turn to the right step left foot next to right
&4 Step right foot in place, step left foot in place
&5 Step on right foot in place, step on left foot while making a ¼ turn to the left
&6 Step right foot next to left foot, step on left foot while making a ¼ turn to the left
&7 Step right foot next to left foot, step on the left foot while making a ¼ turn to the left
&8 Step on right foot in place, step on left foot in place

RIGHT ROCK RECOVER, COASTER STEP, REPEAT ON THE LEFT FOOT

1-2 Rock forward on right foot, recover to left foot
3&4 Step right back, step left beside right, step right forward
5-6 Rock forward on left foot, recover to right foot
7&8 Step left back, step right beside left, step left forward

STEP HOLD KNEE ROLLS

1-2 Step right foot forward, hold
3-4 Step left foot forward making a ¼ turn to the left, hold
5-6 Roll right knee out, roll left knee out
7-8 Roll right knee out, roll left knee out