

Take It To The Floor!

拍數: 32 牆數: 2 級數: Intermediate
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音樂: Take It To the Floor - B2K : (Soundtrack You got)



(1-8) Cross, step, cross, down, up, step, cross, unwind

- 1 RF cross behind LF
- & LF step next to RF
- 2 RF cross in front of LF
- 3 LF step to side, go through knees, knip with Right.hand to floor
- 4 Straight your knees
- 5 LF step forward
- 6 RF touch crossed behind LF
- & ½ turn right, RF step forward (6.00)
- 7 LF touch crossed behind RF
- 8 Full turn left. Ending weight on RF (6.00)

(9-16) Runningman kicks, slide, diagonally steps with bended knees

- 1 RF jump diagonally rightback, while kicking LF diagonally left forward with heel
- & Step on LF
- 2 LF jump diagonally leftback, while kicking RF diagonally right forward with heel
- & Step on RF
- 3 ¼ turn right, LF slide to left side (9.00)
- 4 RF touch next to LF
- 5 1/8 turn right, (1.30) RF step to right side *
- & 1/8 turn left (back to 9.00), LF touch next to RF *
- 6 1/8 turn left, (10.30) LF step to left side *
- & 1/8 turn right (back to 9.00), RF touch next to LF *
- 7 1/8 turn right, (1.30) RF step to right side *
- & LF touch next to RF *
- 8 RF step to right side (still on 1.30) *
- & 1/8 turn left (back to 9.00), LF touch next to RF *

* During count 5 till 8: go through your knees, keep them bended. Turn knees out on full counts, turn knees back on the "&-counts"

(17-24) Step with bodyroll, step with shake body, press steps with upperbody movement

- 1 LF step to left side, same time make bodyroll from lowerbody to upperbody
- 2 RF touch next to LF
- 3& LF step to left side, shake upperbody
- 4 RF touch next to LF
- 5 RF press step to right side
- & Push shoulders back
- 6 Push shoulders forward
- & RF step next to LF, shoulders back in middle
- 7 LF press step to left side
- & Push shoulders back
- 8 Push shoulders forward

(25- 32) Cross, step, step, turn, armroll, step out, out

- 1 LF cross behind RF
- & ¼ turn right, RF step forward (12.00)
- 2 LF step forward

- 3 ½ turn left, RF step backwards (6.00)
&
4 ½ turn left, LF step next to RF
4 ¼ turn left, RF step to right side (9.00)
5-6 Armroll begin with righthand, ending with lefthand. Ending with ¼ turn left, weight on LF
(6.00)
7 RF step to right side, left arm push elbow to left. Arm in front off body
8 LF step to left side, right arm push elbow to right. Arm in front off body

END OF DANCE!!! RESTART
