My Hood Cha



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Malene Jakobsen (DK) - October 2008

音樂: My Neighbourhood - September : (CD: Dancing Shoes)



Intro 32 counts from the beat, 31 seconds into track

(1-9) ½, ½, Point Switches, ¼, Hitch, Coaster Cross Facing

1-2 Turn ½ right stepping forward on R, make another ½ turn R bringing L next to R, weight ends

on L [12.00]

3& Point R to R side, step R next to L

4&5 Point L to L side, step L next to R, point R to R side

6-7 Turn ¼ R keeping R pointed in front of you, hitch R [03.00]

8&1 Step back on R, step L next to R, cross R over L

(10-17) Point, POINT BACK, KICK BALL STEP INTO HIP ROLLS, BALL SIDE

2-3 Point L to L side, point L behind R

4&5 Kick L diagonally L, step L next to R, step R slightly R starting to roll hips anti clockwise

6-8 Roll hips anti clockwise ending with weight on R

&1 Step L next to R, rock R to R side

RESTART: Restarts on walls 2 and 5 are here - count 1 will be the ½ turn R in section 1

(18-25) Recover, Back Rock, Lock Step, Step ½, ¼ Into Chassé With A Kick

2 Recover onto L

3-4 Rock back on R, recover onto L &5 Lock R behind L, step forward on L 6-7 Step forward on R, turn ½ L [09.00]

8&1 Make ¼ turn L stepping R to R side, step L next to R, step R to R [06.00] kicking L diagonally

1

(26-32) Brush, Brush Kick, Step 1/2, Shuffle 1/2, Back Rock

2 Brush L toes hooked across R
3 Brush L toes kicking L low forward
4-5 Step forward on L, turn ½ R [12.00]

RESTART: Restart on wall 9 is here - count 5 is the ½ turn R in section 1

Turn ¼ R stepping L to L side, step R next to L, turn ¼ R stepping back on L [06.00]

8& Rock back on R, recover onto L

RESTARTS: There are 3 restarts, on walls 2, 5 and 9.