

Ego Trippin'

拍數: 40 牆數: 4 級數: Intermediate
編舞者: Mad Matty (NL) - November 2008
音樂: Buy My Medicine (feat. Willie Nelson) - Snoop Dogg : (CD: Ego Trippin)



Sec 1: Step , Step ,Lock, Step, Step ,Behind, Side ,Cross, ½ Turn, ¼ Turn

1,2 & RF step forward, LF step forward, RF cross behind LF
3,4 LF step forward, RF step to right
5&6 LF cross behind RF,RF step to right, LF cross over RF
7,8 RF ½ to right (knee roll) , ¼ turn right LF step out

Sec 2: Behind Side Cross, Mambo Cross , Kickball Step 1/8 , Knee Roll, Rock

1&2 RF cross behind Lf, LF step to left, RF cross over LF
3&4 LF rock to left, LF cross over RF.
5&6 RF kick ,RF step in place, LF step forward (turn 1/8 to right).
7,8 RF roll knee to right, LF rock forward

Sec 3: Recover, Slide Heel, Coaster 1/8 , Step, ½ Turn, Step, Mambo Cross

1,2 RF recover weight, LF bi g step backwards (RF slide heel on the ground)
3&4 RF step back 1/8 turn right, LF step beside RF, RF step forward
5&6 LF step forward, ½ turn right, LF step forward
7&8 RF rock to right, LF recover, RF cross over LF

Sec 4: Mambo Cross, Sweep, Behind, Heel, Rock Step, Coasterstep.

1&2 LF rock to left, RF recover weight, LF cross behind RF
3&4 RF sweep front step behind LF,LF step to left, RF heel diagonal right.
&5,6 RF recover weight, LF rock forward, RF recover weight
7&8 LF step back, RF step beside,LF step forward.

Sec 5: Step, ½ , ½ , ¼ Side, Sailor, Step , ½ , Step

1,2 RF step forward, LF turn ½ left
3,4 RF recover weight ½ turn right, LF step side ¼ turn right
5&6 RF behind LF, LF step to side, RF step to side
7&8 LF step forward, Rf ½ turn right, LF step forward

TAG: AFTER wall 1, REPEAT section 5 completely!
