

Get Involved

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK) - March 2009
音樂: Dance Wiv Me (feat. Calvin Harris) - Dizzee Rascal



Count In: Start On The Vocals Approximately 32 Counts In to song

(1-8) Hook, Kick Ball Step, ½ Turn X2, Right Shuffle, Step Out Rock

- &a1 Kick left foot forward, hook left foot across right shin, kick left foot forward
- &2 Step back on ball of left foot, step forward on right foot
- 3 Pivot a ½ turn left and keep weight on right foot
- 4 Make another ½ turn left and step left foot forward
- 5&6 Right shuffle forward
- 7&8 Step left foot forward, rock right foot out to right side, step left foot slightly to left side

(9-16) Kick, Cross, Touch & Rock Side, Full Turn, & Together X2

- 1&2 Kick right foot across left foot, cross right foot over left foot, touch left toe behind right foot
- &3,4 Step down on left foot, rock right foot out to right side, recover weight onto left
- 5&6 Make a ½ turn LEFT and step right foot to right side, make another ½ turn left and step left foot to left side, touch right toe next to left
- &7 Step right foot small step to right side, step left foot next to right
- &8 Step right foot small step to right side, step left foot next to right

(17-24) Side Rock Behind, ¼ Turn, ½ Turn, Coaster Step, Sailor ¼ Turn Cross

- 1&2 Rock right foot to right side, recover weight onto left foot, cross right foot behind left foot
- 3,4 Make a ¼ turn left and step left foot forward, make a ½ turn left and step right foot back
- 5&6 Left coaster step
- 7&8 Step back on right foot, step left foot next to right, make a ¼ turn right and cross right foot over left

(25-32) Ball -Cross-Side Rock,-Together -Touch X2, Sailor Step

- &1&2 Step left foot to left side, cross right foot over left, step back on left foot, step right foot to right side
- &3 Step left foot together, touch right toe to right side
- 4&5 Cross right foot over left, step back on left foot, step right foot to right side
- &6 Step left foot together, touch right toe to right side
- 7&8 Right Sailor step

Start Again And Enjoy!