

Roomba

拍數: 72

牆數: 0

級數: Phrased High Beginner / Low Intermediate



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音樂: I Know You Want Me - Pitbull

A Pattern

(1-8) Side rock/recover, behind side cross, Side rock/recover, behind side cross

- 1-2 Rock right to right, recover on left
- 3&4 cross right behind left, step left to left side, cross right over left
- 5-6 rock left to left, recover on right
- 7&8 cross left behind right, step right to right, cross left over right

(9-16) Step, lock, step, lock, walk X4 "with shakes"

- 1-2 Step forward on right, lock left behind
- 3-4 step forward on right, lock left behind
- 5-6-7-8 Walk forward, right, left, right, left (while shaking your hips)

(17-24) Shuffle, rock/recover, 1/2 turn shuffle, 1/2 turn shuffle

- 1&2 Shuffle forward right, left, right
- 3-4 Rock forward on left, recover on right
- 5&6 Make 1/2 turn over left shoulder shuffling left, right, left
- 7&8 Make 1/2 turn over right shoulder shuffling left, right, right

(25-32) cross, ball step, cross ball step, Jazz box with touch

- 1,a,2 Cross left over right, step right to right side, step together with left
- 3,a,4 Cross right over left, step left to left side, step together with right
- 5,6,7,8 Cross left over right, step back on right, step left to left side, touch right to left

(33-40) step, lock, step, touch, 1/2 paddle turn

- 1,2 Step forward on right, lock left behind right
- 3,4 Step forward on right, touch left to right
- 5,6,7,8 Make 1/8 turn to right touching left foot out; repeat; repeat; make 1/8 turn right stepping left foot down (1/2 paddle turn over right shoulder ending with feet together)

B Pattern

(1-8) Arm throws, hitch, hit with side touch, side body roll, step together, Hip bumps

- 1,2 Bring right arm up in circular motion to side ending with right fist in front of chest & bring left arm out to the side down in circular motion ending with left fist in front of stomach, with both arms extending out in circular motion end opposite from starting position
- &3 Hitch right leg while bringing right fist slightly up (as if pulling right knee up by a string while dropping left hand), step down on right foot while lowering right hand
- 4 Touch left foot out to left side while swinging right arm as if to hit left leg out
- 5,6 Body roll to left, step right next to left
- 7,8 Bump hips to left and recover x2

(9-16) side shuffle, 1/4, 1/4, out, out, in, in,

- 1&2 Shuffle left, right, left to the left
- 3,4 Make 1/4 turn to left stepping right to right side, make 1/4 turn left stepping left to left side
- 5,6 Step out slightly forward on right, step out left to left side
- 7,8 Step back on right, step together on left (shake your body on counts 5-6-7-8)

(17-24) wizards X 3, triple forward

- 1,a,2 Step forward on right, step left behind right, step forward on right
- 3,a,4 Step forward on left, step right behind left, step forward on left
- 5,a,6 Step forward on right, step left behind right, step forward on right
- 7&8 Shuffle forward left right left

(25-32) Step, 1/2 turn, step, 1/2 turn, forward, forward, back, back with shakes

- 1,2 Step forward on right, make 1/2 turn stepping forward on left
- 3,4 Step forward on right, make 1/2 turn stepping forward on left
- 5,6 Step forward on right, step left out to left side
- 7,8 Step back on right, step back on left (shake your body for counts 5-6-7-8)

Pattern: A-A-B-A-A-B-A-A-B-A-A-A
