

Green Light

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK) - June 2009
音樂: Green Light (feat. André 3000) - John Legend



Count in: Approximately 25 seconds

(1-8) BACK ROCKS X2, 2 X WALKS OUT-OUT IN-IN

1&2 Rock back on left foot, recover on right foot, rock back on left foot slightly hitching right
3&4 Rock back on right foot, recover on left foot, rock back on right foot slightly hitching left
5,6 Walk forward left, right
&7 Step left foot out to left side, step right foot out to right side
&8 Step left foot in, step right foot next to left

(9-16) SIDE, KNEE TWISTS TOGETHER, STEP HOLD, PUMPS

1,2 Step left foot out to left side, twist left knee in
3,4 Twist left knee out, step left foot next to right
5,6 Step right foot out to right side, hold a count
&7 Arch back, pump chest forward
&8 Arch back, pump chest forward

(17-24) DIAGONAL WALKS, OUT-OUT, SHAKE

1,2 Make an 1/8th of a turn right and walk back on right foot, turn left knee in
3,4 Walk back on left foot, turn right knee in
5,6 Step right foot out to right side, step left foot out to left side
&7&8 Shake as fast as possible!

(25-32) STEP TOGETHER HOLDS, BACK ½ TURN WALKS

1,2 Make an 1/8th of a turn right to face 3 o'clock, step forward on right foot, hold a count
3,4 Step left foot together, hold a count
5,6 Step back on right foot, make a ½ turn left and step forward on left foot
7,8 Walk forward right, left

(33-40) CROSS TOUCHES, HEEL, TOE ½ TURN WALK

1,2 Cross right foot over left, touch left toe to left side
3,4 Cross left foot over right, touch right toe to right side
5,6 Touch right heel forward, touch right toe back
7,8 Make a ½ turn right and take weight on right foot, walk forward on left

(41-48) CROSS TOUCHES, ¼ TURN, TOGETHER

1,2 Cross right foot over left, touch left toe to left side
3,4 Cross left foot over right, touch right toe to right side
5,6 Touch right heel forward, touch right toe back
7,8 Make a ¼ turn right leaving weight on LEFT, step right foot together

(49-56) TOUCH, TOGETHER, SIDE HOLD, HEEL TOE CROSS

1,2 Touch left toe to left side, step left foot next to right
3,4 Step right foot a big step out to right side, hold a count
5678 Bring right foot in heel, toe, heel, toe so it finishes crossed in front of left and taking weight on right

(57-64) STEP TOUCHES X2, OUT-OUT-IN-IN

1,2 Step left foot to left side, touch right toe next to left

- 3,4 Step right foot to right side, touch left toe next to right
- 5,6 Step left foot out to left side, step right foot out to right side
- 7,8 Step left foot in, step right foot in

START AGAIN AND ENJOY!
