

Holdin' It Down

拍數: 64 牆數: 4 級數: Advanced
編舞者: Dan McInerney (UK) - December 2009
音樂: Here I Come - Fergie : (Album: The Duchess)



Starts: After 16 counts/8 seconds, just after the drums and before Fergie sings

FORWARD, TOGETHER, ROCK-AND, CROSS, HITCH AND SIT, RECOVER TOUCH

- 1, 2 Lean slightly back as you step L forward and slightly to the L diagonal, step R together next to L
- &3, 4 Rock L to L side, recover weight onto R, step L across R
- 5&6 Hitch R knee as you bump hips R, bump hips L, step R to R side as you straighten R leg
- 7, 8 Keep R in place as you push hips over L foot, touch R next to L

TOUCH, QUARTER, STEP-HEEL, HEEL, WALK, HOLD, WALK, WALK

- 1, 2 Touch R back, make 1/4 turn R taking weight onto R (03:00)
- &3, 4 Step L forward, make 1/4 R as you swivel R heel 90 degrees to centre, swivel L heel 90 degrees to centre (weight ends on both feet) (06:00)
- 5, 6 Walk L forward and slightly across R, hold
- 7, 8 Walk R forward and slightly across L, walk L forward and slightly across R

KICK AND ROCK AND KICK OUT OUT, FORWARD, TOGETHER, FORWARD, TOGETHER

- 1&2& Kick R forward, step R in place, rock L back, recover in place
- 3&4 Making 1/4 L kick L across R, step L out to L side, step R to R side (feet shoulder width apart) (03:00)
- 5, 6 Turning toes out to L diagonal touch L forward, step L shoulder width apart from R
- 7, 8 Turning toes out to R diagonal touch R forward, step R shoulder width apart from L

AND CROSS, QUARTER, HOLD, WALK-WALK, STEP, PUSH, TURN, UP

- &1, 2 Step L in place next to R, step R across L, make 1/4 turn L as you step L forward (12:00)
- 3&4 Hold, step R forward, step L forward
- 5, 6 Step R forward, push hips forward
- 7 Making 1/2 turn L bend knees slightly as you push hips around and down into a sit (06:00)
- 8 Forward body roll: push hips forward as you straighten up, following forward with the body (weight on L)

STEP, CROSS, BACK LOCK BACK, SIDE, CROSS, SIDE TOGETHER SIDE

- 1, 2 Step R forward, make 1/4 turn L as you cross L over R (03:00)
- 3&4 Step R to R side, make 1/4 L as you lock L across R, step R back (12:00)
- 5, 6 Make 1/4 L as you step L to L side, cross R over L (09:00)
- 7&8 Step L to L side, step R next to L, step L to L side

HALF OUT-OUT, STEP TOUCH, STEP QUARTER HITCH, BUMP AND BUMP

- 1&2 Make 1/2 turn R hitching R knee, step R out, step L out (03:00)
- 3, 4 Step R forward, touch L next to R
- 5, 6 Step L forward, making 1/4 L hitch R knee (12:00)
- 7&8 Step R to R side as you bump hips R, bump hips centre, bump hips R (weight ends on R)

STEP, BRUSH, AND HITCH AND HITCH, STEP, BRUSH, PADDLE, PADDLE

- 1, 2 Make 1/4 L stepping L forward, brush R foot through and past L (09:00)
- &3&4 Hitch R knee up, lower R knee slightly, hitch R knee up, lower R knee slightly
- 5, 6 Step R forward, make 1/4 R brushing L through and past R (12:00)
- 7, 8 Make 1/4 R pointing L to L side, make 1/4 R pointing L to L side (06:00)

AND POINT HITCH SIDE, LOCK OUT-OUT, SAILOR HALF, WALK, WALK

- &1&2 Step L in place, point R to R side, hitch R knee, big step R to R side
3&4 Making 1/4 R lock L behind R, step R to R side, step L to L side (09:00)
5&6 Make 1/4 R stepping back R, make 1/4 R stepping L slightly to L side, step R slightly forward (03:00)
7, 8 Step L forward and slightly to the L diagonal, step R forward and slightly to the R diagonal
(STYLING: bend knees on counts &1& and straighten as you step R to R side)

REPEAT

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