

TroubleMaker

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Troublemaker - Akon



(1-8) Heel swivels X3 Step Ball Step To right X2

- 1 & 2 Right heel forward, keeping weight on the right heel and left toe swivel right toe to the right left heel to the left, bring right toe back to center and left heel back to center (bring arms up keep the straight while swiveling)
- 3 & 4 Left heel forward, keeping weight on the left heel and right toe swivel left toe to the left right heel to the right, bring left toe back to center and right heel back to center (bring arms up keep the straight while swiveling)
- 5 & 6 Right heel forward, keeping weight on the right heel and left toe swivel right toe to the right left heel to the left, bring right toe back to center and left heel back to center (bring arms up keep the straight while swiveling)
- 7 & 8 Step to right side with right foot, Bring left foot to right foot, Step right foot to right side (Bring both arms to left side as if you were leaving them where they were)

(9-16) Walks X2 Step Ball Step To Left Left Arm Roll 1/2 turn right, Right Arm Roll

- 1, 2 Walk forward left, Walk forward right
- 3 & 4 Step to left side with left foot, Bring right foot to left foot, Step left foot to left side (Bring both arms to right side as if you were leaving them where they were)
- 5, 6 Bring left arm up starting to make a wave motion across your body from left side to right side for counts five and six
- 7, 8 Make a half turn over right shoulder while keeping right foot in place stepping left foot to left side bringing right arm up and in front of body, roll right arm backwards in a wave motion from in front of body to the right side

(17-24) 1/2 Turn Right Rock Out To Right Recover into Behind Side Cross X2

- 1 2 Make a half turn over right shoulder keep left foot in place rocking right foot to right side, Recover weight onto left
- 3 & 4 Step right foot behind left foot. Left foot to left side, Cross right foot in front of left
- 5 6 Rock left foot out to left side, Recover weight onto right foot
- 7 & 8 Step left foot behind right foot, Right foot to right side, Cross left foot in front of right

(25-32) Touch Right Forward And Step Touch Left forward And Step Rock Step Behind Side 1/2 Turn

- 1, 2 T ouch right foot forward, Step onto right foot
- 3, 4 T ouch left foot forward, Step onto left foot
- 5, 6 R ock forward on the right foot, Recover weight onto left
- 7 & 8 S tep right foot back, make half turn over left shoulder stepping forward onto left foot, Step forward onto right foot

(33-40) Scuff Left Foot Step Out With Left Out With Right Knee Pops Body Roll Left Foot In To Right Toe Hell Toe

- 1 & 2 Scuff Left foot, Step left foot out to left side, Step right foot out to right side
- 3 & 4 Pop right knee in, Pop right knee out, Pop right knee in (leaning your body to the right as you do the knee pops)
- 5, 6 Body roll from Head down to hips for counts five and six

7& 8 Roll your left foot beside right foot toe, Heel, Toe

(41-48) Touch Right Forward And Step Touch Left forward And Step Rock Step Behind Side 1/2 Turn

1, 2 Touch right foot forward, Step onto right foot

3, 4 Touch left foot forward, Step onto left foot

5, 6 Rock forward on the right foot, Recover weight onto left

7& 8 Step right foot back, make half turn over left shoulder stepping forward onto left foot, Step forward onto right foot

(49-56) Step Touch Forward X2 Step Touch Back Rock Recover Rock

1,2 Step forward on the left foot, Touch right foot out to right side

3,4 Cross right foot over left, Touch left foot out to left side

5,6 Going backwards cross left foot behind right, Touch right foot out to right side

7,8 Rock back onto right foot, Recover weight onto left foot

(57-64) Side Triple With 1/4, Half Turn, Triple Half, Rock Recover

1&2 Step right to right, bring left to right, make a 1/4 turn to right stepping forward on right

3,4 Step forward on left, pivot a half turn to right, stepping down on right

5&6 Make a 1/2 turn to right stepping left back, bring right to left, step back on left

7,8 Rock back on right foot , Recover the weight on the left foot

REPEAT

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