

Ignition

拍數: 52 牆數: 4 級數: Phrased Intermediate
編舞者: Jane Boyd (USA) - October 2010
音樂: Ignition (Remix) - R. Kelly : (Album: Chocolate Factory)



Part A = 32 counts; B = 20 counts (B Minus = 16 counts)

Sequence: A, B, A, B Minus, A, B, A, A, A, B, A, A, A, A
Intro: Approx. 6 seconds (14 count, starts when "Now I'm not trying....")

PART A (32 Counts) :

Shuffle Diag Fwd, 1/8 Rock, Recover, Back Shuffle R, 1/8 Rock, Recover

- 1&2 Shuffle L,R,L, towards front left diagonal, (11:00)
- 3 - 4 1/8 turn left, Rock forward on R, Recover on L squaring up to the side wall, (9:00)
- 5&6 Shuffle R,L,R, backwards diagonally, (facing 7:00; moving towards 1:00)
- 7 - 8 1/8 turn left, Rocking back on L, Recover on R, (6:00)

Touch Out, In, Step Side, Touch, Touch Out, In, Step Side, Touch

- 1 - 4 Touch L foot out to left side, Touch L foot beside R, Take a big step to the L dragging R foot, Touch R next to L,
- 5 - 8 Touch R foot out to the right side, Touch R foot beside L, Take a big step to the right dragging L foot, Touch L next to R,

(You can add some styling by bumping hips with the touches)

Modified Kick Ball Cross x2, Unwind ½ turn, twist ½ turn, ¼ Sailor

- 1&2 Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,
- 3&4 Kick L foot out to the left side, Step on ball of L foot slightly behind the R, Cross R in front of L,
- 5 - 6 Unwind ½ turn left, Twist back 1/2 turn right to the original position keeping weight on L,
- 7&8 Sweep R foot behind L making ¼ turn to the R, Step L foot to the left side, Step R to the right,

Rock, Recover, L Coaster, Modified Rocking Chair, Step to R

- 1 - 2 Rock forward on L, Recover on R,
- 3&4 Step L foot back, Step R foot back, Step L foot forward,
- 5&6&7 Rock forward on R, Recover on L, Hold (6), Rock back on R, Recover on L,
- 8 Step R foot to the right side,

PART B (20 Counts) :

Hitch, 1/4 Hitch, Body Roll, Hitch, 1/4 Hitch, Body Roll

- 1 - 2 Hitch L foot, Hitch L foot making ¼ turn to left side,
- 3 - 4 Place L foot on floor and body roll diag. to side (9:00), moving weight onto L foot
- 5 - 6 Hitch R foot, Hitch R foot making ¼ turn to right side,
- 7 - 8 Place R foot on floor and body roll diag. to side (12:00), weight forward onto the R foot, (left foot will face 9:00 and right foot will face 12:00 body facing 11:00)

Jazz Box 1/8 of a turn, Hip Bumps

- 1 - 4 Step on L foot, Cross R foot in front of L making a 1/8 of a turn to left (square up to the wall (9:00), Step back on L foot, Step R to right side
- 5&6&7 Bump L hip twice (5&), Hold (6), Bump R hip to right, (&), Bump L hip to left(7),
- 8 Bump R hip to right (8) (make sure to transfer weight to R foot),

*** (This is where (B Minus) ends) ***

Hip Bumps (Repeat steps 5-8 of last set)

1&2&3 Bump L hip twice (1&), Hold (2), Bump R hip to right,(&), Bump L hip to left(3),
4 Bump R hip to right (4) (make sure to transfer weight to R foot).

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