

Starships

拍數: 64 牆數: 2 級數: Advanced
編舞者: Jodie Lavinia Cope (UK) - April 2012
音樂: Starships - Nicki Minaj : (Clean Version)



Count in – 17 counts start on vocals (lets go to the beach)

(1-8) Kick & Point, Sailor ¼, Kick & Point, Behind, Side, Cross

- 1 & 2 Kick Right foot forward(1), Step right next to left(&), Point left foot to left side(2)
3 & 4 Step left behind right(3) Step left next to right(&), Make a ¼ turn left stepping forward on left(3) (facing 9 o'clock)
5 & 6 Kick right foot forward(5), Step right next to left(&), Point left to foot to left side(6),
7 & 8 Step left behind right(7), Step right to right side(&), Cross left over right(8).

(9-16) Side rock, Recover, Behind, Side, Cross, ¼ left, Step forward, Sailor ½

- 1 – 2 Rock right to right side(1), Recover weight onto left foot(2),
3 & 4 Step right behind left(3), Step left to left side(&), Cross right over left(4),
5 – 6 Make ¼ turn left stepping forward on left(5),(facing 6 o'clock) Step forward right(6)
7 & Step left behind right, Make ½ turn left stepping right foot in place(&)(facing 12 o'clock)
8 Step forward left(8)

(17-24) Kick, Cross, Back rock & recover, Kick, Cross, Back rock & Recover, Walk right, left, Rock forward, Recover

- 1 & Kick right foot forward(1), Cross right over left(&)
2 & Rock back onto left foot(2), Recover weight onto right foot(&),
3 & Kick left foot forward(1), Cross left foot over right(&),
4 & Rock back on right foot(4), Recover weight onto left foot(&),
5 – 6 walk forward right(5), Left (6)
7 – 8 Rock forward right(7), Recover weight onto left foot(8).

(25-32) Step back, ½ turn, Step forward, Rock forward, Recover, Sailor ½ turn, Heel & heel &

- 1 & Step back on right(1), Make ½ turn left stepping forward on left(&)(facing 6 o'clock)
2 Step forward right(2),
3 – 4 Rock forward left(3), Recover weight onto right(4),
5 & 6 Step left behind right(5), Make a ½ turn left stepping right next to left(&), Step forward on left(6)(facing 12 o'clock)
7-& Touch right heel forward(7), Step right foot next to left(&),
8 & Touch left heel forward(8), Step left next to right(&),

(33-40) Long side step, Together, Heel & heel &, Step forward, Side, Behind & Cross

- 1 – 2 Big step right to right side(1) Step left next to right(2),
3 & Touch right heel forward(3), Step right next to left(&)
4 & Touch left heel forward(4), Step left next to right(&),
5 Long step forward right(5),
6 Step left to left side(6),
7 & 8 Step right behind left(7), Step left to left side(&), Cross right over left(8),

(41-48) Kick & Cross, Kick & Cross, Side rock, Recover, Behind, ¼, Step forward

- 1 & 2 Kick left foot forward(1), Step left next to right(&), Cross right over left(2),
3 & 4 Kick left foot forward(3), Step left next to right(&), Cross right over left(4),
5 Rock left to left side(5)
6 recover weight onto right(6)

7 & Step left behind right(), Make ¼ turn right stepping forward on right(&)(facing 3 o'clock)
8 Step forward on left(8)

(49-56) Point, Touch, Hitch, Cross, Side rock & recover, Together, Point, Sailor 1/4, Step forward,

1 & 2 Point right toe to right side(1), Touch right toe next to left foot(&) Hitch right knee up(2),
& 3 cross right over left(&) Rock left to left side(3)
& 4 Recover weight onto right(&), Step left next to right(4).
5 point right toe to right side(5),
6 & Step right behind left(6), Make a ¼ turn right stepping left next to right(&)(facing 6 o'clock)
7 - 8 Step forward on right(7), Step forward left(8),

(57-64) Lock Step, Right Lock step, Rock forward, Recover, Walk back left, right, Together

1 & Lock right behind left(1), Step forward on left(&),
2 3 & Step forward right(2), lock left foot behind right(3) Step forward right(&)
4 – 5 Rock forward on left(4), Recover weight onto right(5),
6 – 7 Walk back left(6), Right(7)
8 Step left next to right(8).

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