

Smash It

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Barry Amato (USA) & Dari Anne Amato (USA) - March 2009
音樂: Superstar (Smash It) - Kimberly Cole : (iTunes)



Rhythm: Hustle - Intro: 16 counts

STEP FORWARD, HOLD, STEP FORWARD, BALL CHANGE, WEAVE, BALL CHANGE

- 1-4 Step forward on the R (1). Hold (2). Step forward on the L (3). Step on the ball of the R foot out to the R side (&). Change weight to recover on L foot in place (4).
- 5-8 Cross R foot over L (5). Step to the L on L foot (5). Step to the L on L foot (6). Step R foot behind L (7). Step on the ball of the L foot to the L side (&). Change weight to recover on R foot in place (8).

MODIFIED WEAVE WITH A ¼ TURN, STEP FORWARD, ½ TURN PIVOT, TOE SWITCHES

- 1-4 Step L foot behind R foot (1). ¼ turn R and step forward on R foot (2). Step forward on L foot (3). ½ turn pivot to the R with R foot taking weight (4).
- 5-8 Touch L toe forward (5). Hold (6). Step on L foot next to R (&). Touch R toe forward (7). Step on R foot next to L (&). Touch L toe forward (8).

SIDE TOE SWITCHES, HITCH, STEP SIDE, CROSS, STEP SIDE, ¼ TURN PIVOT

- &1-4 Step on L foot next to R (&). Touch R toe to R side (1). Step R foot next to L (&). Touch L toe to L side (2). Step L foot next to R (&). Touch R toe to R side (3). Hitch R foot L knee (4).
- 5-8 Step to the R on the r foot (5). Cross L foot over R (6). Step to the R on the R foot (7). With weight on R, ¼ turn L with L foot taking weight (8).

KICK FORWARD, ¼ TURN R STEP, STEP OUT, ELVIS KNEES, KICK, BALL, STEP FORWARD, ½ TURN PIVOT, HOLD

- 1-4 Kick the R foot forward (1). Pivoting on the ball of the L foot, open a ¼ turn R and step down on the R foot (&). Step out on the L foot so that feet are shoulder width apart (2). Bend R knee in (3). Bend L knee in as you recover R knee back out (4).
- 5-8 Kick the L foot forward (5). Step on the ball of the L foot in place (&). Step forward on the R foot (6). ½ turn pivot L with L foot taking weight (7). Hold (8).

Begin dance again.

TAG: 4 count tag *This happens only once after four walls and you are facing 12:00 o'clock again.

- 1-4 With weight forward on L, step forward in the ball of the R, leaving your weight back on the L foot. As you do this, roll your R hip clockwise for 4 counts. Weight remains back on L foot so that you are ready to step forward on your R foot at the Top of the dance.