

100%

拍數: 32 牆數: 2 級數: Improver
編舞者: Paul McAdam (UK) - November 2013
音樂: Need U (100%) (feat. A*M*E) (Radio Edit) - Duke Dumont : (iTunes)



Intro at approximately 16 seconds into the song

[1-8] TRIPLE PRESS BALL CROSS X2

- 1,2,3 Tap left toe next to right foot, press ball of left foot across right foot, press ball of left foot further forward into a lunge
- &4 rock back on ball of right foot, cross left foot over right
- 4,5,6 Tap right toe next to left, press ball of right foot across left foot, press ball of right foot further forward into a lunge
- &8 rock back on ball of left foot cross right foot over left

[9-16] SIDE ROCK, CROSS SHUFFLE, 1/2 TURN, SHUFFLE

- 1,2 Rock left foot to left side, recover weight on right
- 3&4 Cross left foot over right, step right foot to right side, cross left over right
- 5,6 Make a 1/4 turn left and step back on right foot, make a 1/4 turn left and step right to right side
- 7&8 Step right foot forward, step left foot next to right, step forward on right

[17-24] BUMP STEPS, STEP 1/2 TURN, STOMPS

- 1,2 Touch left toe forward & bump left hip forward, step down on left foot
- 3,4 Touch right toe forward & bump right hip forward, step down on right foot
- 5,6 Step forward on left foot, pivot 1/2 turn right
- 7,8 Stomp left foot forward, stomp right foot forward

[25-32] KICK BALL TURNS, KICK OUT OUT IN IN ,CLAPS

- 1&2 Kick left foot forward, make a 1/4 turn left, step ball of left foot down, step right foot next to left
- 3&4 Kick left foot forward, make a 1/4 turn left, step ball of left foot down, step right foot next to left
- 5&6 Kick left foot forward, step left foot out to left side, step right foot out to right side
- &7 Step left foot in, step right foot next to left
- &8 Clap hands twice

START AGAIN AND ENJOY!