

# Contagious

Count: 48

Wand: 0

Ebene:

Choreograf/in: Lynnette Rock (USA)

Musik: Fever - Jeff Moore



## HIP HOP

- 1 Jump back on right foot and kick left foot out
- & Step on left foot
- 2 Step right foot across left foot
- & Step on left foot keeping it behind the right foot
- 3 Jump back on right foot and kick left foot out
- & Step on left foot
- 4 Step right foot across left foot

## VINE LEFT

- 5 Step left foot out to side
- 6 Step right foot behind left foot
- 7 Step left foot out to side
- 8 Touch right foot next to left

## PULLS FORWARD

- 9 Step right foot forward
- & Drag left foot up to right foot
- 10 Step on left foot next to right foot
- 11 Step right foot forward
- & Drag left foot up to right foot
- 12 Step on left foot next to right foot

## TURN & KICK

- 13 Step right foot forward and turn  $\frac{1}{4}$  left
- 14 Step on left foot
- 15 Kick right foot forward
- & Rock back on right foot
- 16 Step on left foot

## SCOOT

- 17 Step right foot forward
- & Chug left leg behind right
- 18 Step left foot back
- 19 Put left heel out, taking weight
- & Drag right foot to left keeping weight on left heel
- 20 Step on right foot

## SHAKES

- 21 Step left foot forward
- &22 Bump left hip back, then forward
- 23 Step right foot forward
- &24 Bump right hip back, then forward

## BACKWARDS TURN

- 25 Step left foot back

- 26 Step right foot turning  $\frac{1}{4}$  right
- 27 Step left foot turning  $\frac{1}{4}$  right
- 28 Step right foot turning  $\frac{1}{2}$  right (turn a full turn to the right on 26, 27 & 28)

#### **PULL FORWARD**

- 29 Step left foot forward
- & Drag right foot up to the left foot
- 30 Step on right foot
- 31 Step left foot forward
- & Drag right foot up to left foot
- 32 Step on right foot

#### **KICK TOUCHES**

- 33 Kick left foot forward
- & Step on left foot
- 34 Touch right toe out to side
- 35 Kick right foot forward
- & Step on right foot
- 36 Touch left toe out to side

#### **BODY ROLLS**

- 37 Step left foot out to side separating feet
- &38 Roll shoulders, stomach, and hips back
- 39& Roll hips, stomach, and shoulders forward
- 40 Drag left foot to right foot

#### **JUMP TURNS**

- &41 Step on left foot with right heel out
- 42 Cross right foot in front of left
- 43 Unwind legs to turn  $\frac{3}{4}$  left
- 44 Hold
- &45 Step on left foot with right heel out
- 46 Cross right foot in front of left
- 47 Unwind legs to turn  $\frac{1}{2}$  left
- 48 Hold

#### **REPEAT**

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