

Goin' Commando

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Bracken Heidenreich (USA) - September 2011

Musik: Commander (feat. David Guetta) - Kelly Rowland



This is meant to be a beginner floor split for all those pop tracks out there. Enjoy!

32 count intro.

Heel, Touch, Slide, Touch (2X)

- 1,2 Tap Right heel forward; Touch Right next to left
- 3,4 Large step Right to right side; Touch Left next to right
- 5,6 Tap Left heel forward; Touch Left next to right
- 7,8 Large step Left to left side; Touch Right next to left

Push 1/4 turn left, Kick ball change, Kick ball change

- 1-2 Using ball of Right foot, push 1/8 turn left; Replace weight to Left
- 3-4 Using ball of Right foot, push 1/8 turn left; Replace weight to Left
- 5&6 Kick Right forward; & Step ball of Right slightly back; Step Left in place
- 7&8 Kick Right forward; & Step ball of Right slightly back; Step Left in place

Step Touches

- 1,2 Step Right to forward right diagonal; Touch Left next to right
- 3,4 Step Left to forward left diagonal; Touch Right next to left
- 5,6 Step Right to back right diagonal; Touch Left next to right
- 7,8 Step Left to back left diagonal; Touch Right next to left

V-Step (2X)

- 1,2 Step Right to forward right diagonal; Step Left to forward left diagonal
- 3,4 Step Right back to center; Step Left next to right
- 5,6 Step Right to forward right diagonal; Step Left to forward left diagonal
- 7,8 Step Right back to center; Step Left next to right

Begin Again and Have Fun!!!

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