Compte: 0
Mur: 4
Niveau: Intermediate/Advanced
Chorégraphe: M.T. Groove (UK)
Musique: Independent Women Part 1 - Destiny's Child

## Sequence: A BB A BB A(up to count 40) BB (A=Verse, BB = Chorus)

## PART A

KNEE POP, BEHIND \& CROSS, POINT, TOUCH BEHIND, UNWIND ½ TURN, KICK \& TOUCH
1-2 Pop right knee out to right side (turn head - look right at same time) step right behind left
\&3-4 Step onto ball of left(\&) cross right over left, point left to left side
5-6 Touch left behind right, unwind $1 / 2$ turn left (transfer weight onto left)
7\&8
Kick right to right side, step onto right, touch left next to right
HOLD(LOOK LEFT), SIDE BEHIND $1 / 4$ STEP, STEP PIVOT, STEP TOUCH, STEP
1-2 Hold count 1 as you turn head - look left, step left to left side
\&3-4 Step right behind left ( $\&$ ), step forward onto left as you make a $1 / 4$ turn left, step forward right
5-6 Pivot $1 / 2$ turn left, step right to right side as you make a $1 / 4$ turn left
7-8 $\quad$ Touch left next to right, step left (small step) to left side
1-17 Repeat above 2 sections, then add 1 count tag: touch right to left
WALK RIGHT, LEFT, STEP PIVOT TWICE
1-2 Walk forward right, left
3-4 Step forward right, pivot $1 / 2$ turn left
5-8 Repeat counts 1-4

## STEP $1 / 4$ TOUCH, STEP $1 ⁄ 2$ TURN TOGETHER, CROSS SIDE CROSS, HITCH

1-2 Step right to right side as you make a $1 / 4$ turn left, touch left next to right
3-4 Step left to left side as you make a $1 / 2$ turn right, step right next to left (weight on right).
5-6 Cross left over right, step right to right side
7-8 Cross left over right, hitch right knee up - angled to right diagonal
$3 / 4$ BACKWARD SWEEP \& CROSS, HITCH BUMP STEP, KICK \& POINT, MONTEREY $1 ⁄ 2$ TURN
1\&2 Sweep right foot backwards as you make a $3 / 4$ turn right step onto right, step left beside right, cross right over left
$3 \& 4 \quad$ Hitch left knee, with knee still up bump hips to left(\&), step left to left side
5\&6
Kick right foot forward, step right next to left, point left to left side
\&7-8 Bring left next to right, point right to right side, make a $1 / 2$ turn right step right in place

## MONTEREY ½ TURN, KICK \& POINT, BALL STEP PIVOT, FULL TURN

1-2 Point left to left side, make a $1 / 2$ turn left step left in place
$3 \& 4 \quad$ Kick right foot forward, step right next to left, point left to left side
\&5-6 Step onto ball of left, step forward right, pivot $1 / 2$ turn left
7-8 Make a $1 / 2$ turn left as you step back onto right, make another $1 / 2$ turn left as you step forward left

## PART B

KICK OUT OUT, HIP BUMPS, STEP TOUCH TWICE
1\&2
3\&4
Kick right foot forward, step back right, left
Bumps hips left, right, left
5-6 Step forward right, touch left next to right (angled to right diagonal)

Styling: on count 6 raise arms (palms facing in) bring arms up so hands cross each other at the wrists(face height). On count 7 lower arms back down hands will cross again.

KICK BALL STEP TWICE, STEP POINT, TOUCH FORWARD, HEEL OUT IN
1\&2 Kick right foot forward, step onto ball of right, step forward left.(traveling forward)
3\&4 Repeat counts 1\&2.(traveling forward)
5-6 Step forward on right, point left to left side as you make a $1 / 4$ turn right
7\&8 Touch left toe forward, swivel left heel out, in

STEP BACK, POINT, TOUCH BEHIND, UNWIND FULL TURN, ROCK \&CROSS, ROCK \& TOUCH
1-2 Step back on left, point right to right side
3-4 Touch right behind left, unwind a full turn right.(transfer weight onto right)
5\&6 Rock left to left side, recover onto right, cross left over right
7\&8 Rock right to right side, recover onto left, touch right next to left
The last count on this section is dropped when followed by $\mathbf{A}$.

