

Confident

拍数: 64 墙数: 4 级数: Phrased Intermediate
编舞者: Amy Glass (USA) & Darren Bailey (UK) - October 2015
音乐: Confident - Demi Lovato : (Clean Version - iTunes, Amazon)



Sequence: 36 count intro A A A B Tag 1 A A B B A A Tag 2 A A

Note: B is always danced to the 12:00 and 6:00 walls. The first time B is danced follows 3 walls of A. Turn to 12:00 to start B.

Section A: 32 Counts

A[1-8] □ Cross, Side, Hold, Ball-Cross, 1/4 R 1/2 R, 1/2 R Shuffle

1-2 Cross R over L, Step L to L side while making a slight body roll
3 Hold
&4 Step on ball of R foot next to L, Cross L over R
5-6 Step forward R while turning 1/4 R (3:00), Back L while turning 1/2 R (9:00)
7&8 Shuffle R, L, R while turning 1/2 R (3:00)

A[9-16] □ 1/4 R, Hitch, Hip Pushes x2, Shuffle 1/4 L, Shuffle 1/2 L

1 Turn 1/4 R, stepping L to L side (6:00)
2 Hitch R knee
3-4 Step out on R foot while pushing hips to R then L, ending with weight on L
5&6 Step R to R side, Cross L over R, Step back R while turning 1/4 L (3:00)
7&8 Turn 1/4 L stepping L to L side, Step R next to L, Turn 1/4 L stepping forward L (9:00)

A[17-24] □ 1/4 L Side Rock & Side Rock, Forward Rock, Step Back, Heel Swivel

1-2& Turn 1/4 L and Rock R to R side, Recover weight on L, Step R next to L (6:00)
3-4& Rock L to L side, Recover weight on R, Step L next to R
5-6 Rock forward R while rolling body from front to back
7 Step back on R
&8 Swivel L heel out, in

A[25-32] □ Vaudeville, Out, Out, Knee Pop, Sailor, Hold, Ball, Step

&1&2 Turn 1/4 R while stepping on ball of L foot, Cross R over L, Step L to L side, touch R heel to R diagonal
&3 Step out on R, Out on L
&4 Pop both knees (lift both heels off the ground)
5&6 Step L behind R, R to R side, L to L side
7 Hold
&8 Step on ball of R next to L, Step L to L side

Section B: 32 Counts

B[1-8] □ Cross Point x2, Dip x2

1-2 Cross R over L, Point L to L side
3-4 Cross L over R, Point R to R side
5-6 Dip body down and to the R while weighting R foot, Point L to L side
7-8 Dip body down and to the L while weighting L foot, Point R to R side

B[9-16] □ Step Pivot 1/2 L, Walk x2, Kick Ball Point, Down, Up

1-2 Step forward R, Pivot 1/2 L (6:00)
3-4 Walk forward R, L
5&6 Kick R, Step on ball of R, point L forward
7-8 Bend both knees pushing R hip backward, Recover

B[17-32]: Repeat counts 1-16

Tag 1—Facing 12:00 (4 Counts): Hold for 4 Counts□

Tag 2— Facing 12:00 (8 Counts): Hold for 4 Counts, Shake for 4 counts

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