

Hustle Me

COPPER KNOB
BYEPOSTHEATS

拍数: 32 墙数: 2 级数: High Improver
编舞者: Tom Inge Soenju (NOR) - April 2019
音乐: Hustle - P!nk



Music Availability: on iTunes, Google Play and Amazon.

Note: This track has explicit lyric and might not be suitable for all ages.
(There are many whoop Whoop's in this track, feel free to let loose ;-)

Intro: 8 counts

Sequence: Repeating sequence.

Tag/Restart: 1 tag after wall 7 (F06:00) and 2 restarts in wall 2 (F12:00) and 5 (F06:00) after 16 counts

End: Dance as normal till music ends (F12:00) then pose.

Section 1: R HEEL GRIND X3, KICK X2, COASTER STEP, STEP

- 1 - 2 Rock fwd R heel twisting R toe from L to R, recover weight onto LF
- 3 & Rock fwd R heel twisting R toe from L to R, recover weight onto LF
- 4 & Rock fwd R heel twisting R toe from L to R, recover weight onto LF
- 5 & Kick R foot to right diagonal twice (1:30)
- 6 & 7 Step back on RF, step LF foot next to RF, Step fwd on RF
- 8 Step fwd on LF

Section 2: RUN X3, KICK-COASTER STEP, JAZZ BOX ½ R TURN (¼, ¼)

- 1 & 2 Step fwd on RF, Step fwd on LF, Step fwd on RF
- & 3 & 4 Kick LF fwd, Step back on LF, Step RF next to LF, Step LF fwd
- 5 - 6 Cross RF over LF, Long back step (push bum out) on LF
- 7 - 8 ¼ R turn stepping RF to R side (F03:00), ¼ R turn Stepping LF to L side (F06:00)

Restart here in wall 2 (F12:00) and 5 (F06:00)

Section 3: CROSS-STRUT, TOE STRUT, B ROCK, KICK-BALL-CROSS STRUT, TOE STRUT, COASTER STEP

- 1 & Cross R toe over LF to L diag, Step R heel down (F04:30)
- 2 & Step L toe to L side, Step L heel down (F06:00)
- 3 & Step (rock) ball of RF diag L back, Recover weight onto LF (F07:30)
- 4 & Kick RF fwd, Step (rock) ball of RF diag L back,
- 5 & Cross L toe over RF, Step down on L heel (F06:00)
- 6 & 1/8 L turn stepping R toe to R side, Step down on R heel (F04:30)
- 7 & 8 1/8 L turn stepping back onto LF, Step RF next to LF, Step fwd on LF (F03:00)

Section 4: CROSS, BACK (BUM), ¼ R TURN SHUFFLE, CROSS, BACK (BUM), L SHUFFLE

- 1 - 2 Cross RF over LF, Long back step (push bum out) on LF
- 3 & 4 ¼ R turn stepping RF to R side, step LF next to RF, Step RF to R side (F06:00)
- 5 - 6 Cross LF over RF, Long back step (push bum out) on RF
- 7 & 8 Step LF to L side, Step RF next to LF, Step LF to L side

Tag: After wall 7 facing 06:00 O'clock

Tag, S1: R HEEL GRIND X3, KICK X2, COASTER STEP, ½ L PIVOT

- 1 - 2 Rock fwd R heel twisting R toe from L to R, recover back on LF
- 3 & Rock fwd R heel twisting R toe from L to R, recover back on LF
- 4 & Rock fwd R heel twisting R toe from L to R, recover back on LF
- 5 & Kick R foot to right diagonal twice (1:30)
- 6 & 7 Step back on RF, step LF foot next to RF, Step fwd on RF
- 8 Half turn to your L (weight on LF)

Tag, S2: "BITCH" SNAPS

1 & 2 & Step fwd on RF (1) while snapping 4 times the corners of a square (box) in the air (or like the letter Z) starting with the upper left corner (1), then the upper right corner (&), bottom left corner (2), bottom right corner (&). Styling: Do this with attitude and keep a diva/bitch face on, moving your head along with the snapping (Pardon my expression :-)

Tag, S3: SLOW PRISSY WALKS, BACK RUN, TOUCH

1 - 2 Step fwd on LF across RF (attitude), Hold
3 - 4 Step fwd on RF across LF (attitude), Hold
5 - 6 - 7 Step back on LF, Step back on RF, Step back on LF
8 Touch RF next to LF

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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