

I Don't Need A Man

拍数: 32 墙数: 4 级数: High Improver
编舞者: In Sun Yoo (KOR) - February 2022
音乐: I Don't Need a Man - The Pussycat Dolls



Intro: 16 counts

SECTION 1 : PRISSY WALK R/L, KICK & SIDE POINT, SIDE POINT, 1/4 TURN TO L WITH HITCH, POINT, FORWARD, 1/2 TURN TO L WITH HIP ROLL

1-2 Step RF forward, step LF forward
3&4&5 Kick RF forward, replace RF and changing weight, point LF to side, replace LF and changing weight, point RF to side
&6 1/4 turn to L as hitching RF and point RF to side
7-8 Step RF forward, 1/2 turn to L as rolling hip to R(weight on LF)(3:00)

SECTION 2: KICK & POINT, BUMP X 2, SHUFFLE, 1/2 TURN TO L WITH CHASE TURN

1&2 Kick RF forward, replace RF and point LF forward as bending LF knee(it seems like seat on chair)
3&4 Bump to R x 2
5&6 Step LF forward, closed RF to LF, step LF forward
7&8 Step RF forward, 1/2 turn to L as changing weight, step RF forward(9:00)

SECTION 3: POINT & POINT, STEP AND BODY ROLL, TOGETHER AND POINT, SAILOR, 1/4 TURN TO L WITH SAILOR

1&2 Point LF to side, replace LF and changing weight, point RF to side
3&4 Step RF in place and upper body roll from front to back(face direction to front but body direction to L diagonal), close LF to RF, point RF to side
5&6 Cross RF behind LF, step LF to side, step RF forward
7&8 1/4 turn to L stepping LF backward, closed RF to LF, step LF forward(6:00)

SECTION 4: CAMEL WALK X 2, FORWARD ROCK, RECOVER, 1/4 TURN TO R WITH SIDE, JAZZ BOX, FLICK

1-2 Step RF forward and bend of L knee, straight L knee extending l heel forward and bend of R knee
3&4 Rock RF forward, recover on LF, 1/4 turn to R stepping RF to side
5-8 Cross LF over RF, step RF backward, step LF to side, flick RF to backward(9:00)

RESTART & TAG

On the wall 3, you will dance to 16 counts and start again after dancing 16 counts of tag.

TAG STEPS

SECTION 1: JAZZ BOX TOUCH, 3/4 TURN TO R WITH 4 TIMES OF WALKS

1-4 Cross LF over RF, step RF backward, step LF to side, touch RF next to LF
5-8 3 /4 turn to R as walking around step R/L/R/L

SECTION 2: FORWARD MAMBO, BACKWARD MAMBO, 1/2 TURN TO L WITH PIVOT X 2

1&2 Rock RF forward, recover on LF, step RF backward
3&4 Rock LF backward, recover on RF, step LF backward
5-8 Step RF forward, 1/2 turn to L changing weight on LF, step RF forward, 1/2 turn to L changing weight on LF

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