

# Promiscuous

拍数: 64      墙数: 4      级数: Intermediate  
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音乐: Promiscuous - Nelly Furtado



## FORWARD STEP, SYNCOPATED STEPS, CROSS, ¼ TURN, TRIPLE ½ TURN

1            Step left forward  
2&3        Step right to side, step left back, cross right over left  
&4        Step left back, step right to side and slightly back  
5-6        Cross left over right, turn ¼ left and step right back  
7&8        Triple in place turning ½ left stepping left, right, left (3:00)

## ROCK, RECOVER, HITCH, OUT, OUT, IN CROSS, STEP SCUFF HITCH, CROSS AND CROSS

1&2        Rock right forward, recover on left, hitch right  
&3&4       Step right to side, step left to side, step right home, cross left over right  
5&6        Turn ¼ right and step right forward, scuff left forward, turn ¼ right and hitch left  
7&8        Cross left over right, step right to side, cross left over right (9:00)

## TAP STEP, KNEES OUT, IN, OUT AND STEP ¼ TURN, ¼ TURN, TRIPLE ¾

&1        Touch right toe slightly side, step right to side  
2        Turn ¼ right and step left together (12:00)  
**with bent knees**  
&3        Pop knees out and in  
&4        Hitch left, step left to side  
5-6        Turn ¼ right and step right to side, turn ¼ right and step left to side  
7&8        Triple in place turning ¾ right stepping right, left, right

## PRESS AND HITCH, WALK BACKS WITH ARMS, RUN FORWARD

1&2        Rock left forward, recover on right, hitch left  
**Turn body slightly left**  
3-4        Step left back, step right back  
**Keep body slightly left then right**  
5-6        Rock left back, recover onto right  
**Turn body slightly left**  
7&8        Step left forward, step right forward, step left forward  
**Arm movements:**  
3        Brush left shoulder with right hand  
4        Brush right shoulder with left hand  
5-6        Brush left shoulder with right hand times 2

## ¼ TURN, KNEE POPS, SIDE STEP, WALK BACK WITH SHOULDERS

1&2        Turn ¼ left and step right together, pop knees out, pop knees in  
3-4        Step (large step) left to side, touch right together  
5        Step right back  
**Turn body slightly right**  
6        Step left back  
**Turn body slightly left**  
7-8        Step back on right, hold  
**Turn body slightly right. On counts 7&8, rock shoulders right down with left up, left down with right up, right down with left up**

## STEP, TOUCH, HITCH, SAILOR STEP, TOUCH ½ TURN, COASTER STEP

- 1 Step left forward
- 2& Cross/touch right behind left, hook right behind left
- 3&4 Step right back, step left together, step right forward
- 5-6 Cross/touch left over right, hitch left
- 7&8 Turn  $\frac{1}{2}$  left and step left back, step right together, step left forward

**OUT, OUT, IN, IN,  $\frac{3}{4}$  TURN, SHUFFLE FORWARD**

- 1-2 Step right diagonally forward, step left to side
- 3-4 Step right to home, step left together
- 5&6& Step right to side, cross left over right, turn  $\frac{1}{4}$  left and step right back, hitch left
- 7&8 Turn  $\frac{1}{2}$  right and step left forward, step right forward, step left forward

**BACKWARDS SCISSOR STEPS (2), SYNCOPATED FULL TURN**

- 1&2 Step right diagonally back, step left together, cross right over left
- 3&4 Step left diagonally back, step right together, cross left over right
- 5&6 Turn  $\frac{1}{4}$  left and step right back, turn  $\frac{1}{4}$  left and step left to side, step right to side
- &7 Cross left over right, turn  $\frac{1}{4}$  left and step right back
- &8 Turn  $\frac{1}{4}$  left and step left forward, step right forward

**REPEAT**

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