

Safe Sex

拍数: 44 墙数: 4 级数: Intermediate
编舞者: Roger "T" Tillman (USA)
音乐: Keep Your Hands to Yourself - Hank Williams, Jr.



WALK & KICK, WALK & HITCH

- 1 Step forward on right foot
- 2 Step forward on left foot
- 3 Step forward on right foot
- 4 Kick left foot forward
- 5 Step back on left foot
- 6 Step back on right foot
- 7 Step back on left foot
- 8 Hitch right knee

FORWARD & TURN, BACKWARDS & TURN

- 9 Step forward on right foot
- 10 Step forward on left foot
- 11 Step forward on right with $\frac{1}{4}$ turn to right
- 12 Kick left foot forward
- 13 Step backwards on left foot
- 14 Step backwards on right foot
- 15 Step backwards on left foot with $\frac{1}{4}$ turn to left
- 16 Touch ball of right foot beside left foot

GRAPEVINE & HIP PUSHES

- 17 Step right on right foot
- 18 Cross left foot behind right
- 19 Step right on right foot, toe at 45 degree angle to right
- 20 Step left foot beside right; do one forward hip push
- 21 Rotating on heels, turn toes 45 degrees to left
- 22 One forward hip push
- 23 Rotating on heels, turn toes 45 degrees to right
- 24 One forward hip push
- 25 Rotating on heels, turn toes 45 degrees to left
- 26 One forward hip push
- 27 Hold
- 28 One forward hip push
- 29 Rotating on heels, turn toes 45 degrees to left
- 30 One forward hip push
- 31 Pause
- 32 One forward hip push

33-34 Jazz box with turn & hip bumps

- 33 Cross left foot over right
- 34 Step back on right foot
- 35 Step left on left foot with $\frac{1}{4}$ turn left
- 36 Stomp right foot beside left
- 37-42 Three hip rotations from left to right (2 counts each)
- 43-44 Two hip bumps forward

REPEAT
