

Slave 4 U

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Livio (IT)
音乐: I'm a Slave 4 U - Britney Spears



HITCH, KICK, ROCK & CROSS, STEP, ¾, KICK BALL CHANGE

1-2 Right knee hitch and slap right knee with left hand, right kick forward
3&4 Right step side, rock weight onto left, right cross over left
5 Left foot step side
6 Pivot a ¾ turn right stepping right foot forward
7&8 Left kick ball change

& STEP, ½, SWAYS

9 Left foot step forward
& Right foot step back
10 Pivot a ½ turn right
11-12 Step left foot to side swaying hips left, right
13-14 Sway hips left, right, (weight on left)

& CROSS, SIDE, BACK & TURN, BEHIND & CROSS

&15-16 Right foot step back, left foot cross over right, right step side
17&18 Left foot step back, rock weight forward onto right foot, left foot step forward making a ¼ turn right
19&20 Right cross behind left, left step side, right foot step forward

WALK X3, TURN, BACK, SIDE, CROSS, POINT, BEHIND & CROSS

21-24 Walk forward left, right, left, pivot a ½ turn left as you step back on right
25& Left step back, right step side
26& Left cross over right, right point to right side
27&28 Right cross behind left, left step side, right step across front of left

STEP, HITCH TWICE

29-30 Left foot step forward, right slide up to left heel as you hitch left knee up
31-32 Left foot step forward, pivot ½ turn right

KICK BALL STEP TWICE, ROCK SHUFFLE ¾, KICK BALL STEP TWICE

33&34 Left kick forward, left step together, right step forward
35&36 Left kick forward, left step together, right step forward
37-38 Left step forward, rock back onto right foot
39&40 Left shuffle making a ¾ turn left
41&42 Right kick forward, right step together, left step forward
43&44 Right kick forward, right step together, left step together

FULL TURN LEFT

44-48 Keeping feet together swivel 4 times a to left making a full turn right as you keep hands up to chest (elbows out) and 'pull' yourself round

REPEAT