

Spread The Word

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Guyton Mundy (USA)
音乐: Can't Hold Us Down (feat. Lil' Kim) - Christina Aguilera



SYNCOPATED JAZZ BOX, $\frac{3}{4}$ TURN, STEP, TOUCH, SYNCOPATED JAZZ BOX

1-2 Point right toe forward, cross right over left stepping on right
&3 Step back on left, step right to right side
4-5 With weight on right make a $\frac{3}{4}$ winding turn to the left(legs will be crossed), step forward on left
6 Point right to right side
7&8 Cross right over left, step back on left, step forward on right

STEP, POP, COASTER, TOE POINTS, CROSS OVER

1-2 Step forward on left toe, pop body back (transferring weight back to right)
3&4 Step back on left, step together with right, step forward on left
5&6 Touch right toe to right side, touch right to left, point right to right side
7&8 Cross right over left, while shrugging shoulders right, left, right

TOUCH, SYNCOPATED VINE, ROCK/RECOVER, $\frac{1}{4}$ TURN SAILOR, $\frac{1}{2}$ TURN PIVOT

1 Touch left to left side
2&3 Step left behind right, step right to right side, step left in front of right
4-5 Rock right to right side, recover on left
6&7 Step right behind left, step together with left, step forward on right, while making a $\frac{1}{4}$ turn to the left
8 With weight still on right pivot $\frac{1}{2}$ turn to the left

COASTER, STEP, TOUCH, COASTER, HITCH WITH $\frac{3}{4}$ TURN CROSSOVER

1&2 Step left behind right, step together with right, step forward on left
3-4 Step forward on right, touch left forward
5&6 Step back on left, step together with right, step forward on left
7-8 While hitching the right leg up make a $\frac{3}{4}$ turn to the left, stepping down with the right crossing over the left

TOUCH, CROSSOVER, TOUCH, SYNCOPATED JAZZ BOX, STEP FORWARD WITH $\frac{1}{2}$ STEP BACK WITH $\frac{1}{2}$, DRAG

1-2 Touch left to left side, cross left in front of right
3 Touch right to right side
4&5 Cross right over left, step back on left, step forward on right toe
6-7 While making a $\frac{1}{2}$ turn to the left step forward on left, while making a $\frac{1}{2}$ turn to the left step back on right
8 Drag left to right, keeping weight on right

COASTER, STEP, STEP, STEP, TRIPLE STEP, BODY POPS WITH $\frac{1}{2}$ TURN

1&2 Step back left, step together right, step forward left
3-4 Step forward on right, step forward left
5&6 Step forward right, left, right
7&8 While making a $\frac{1}{2}$ turn to the left pop body to the beat, stepping down on left on 8

REPEAT