

# 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