

Tainted Love

拍数: 0 墙数: 0 级数:
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音乐: Tainted Love - The Pussycat Dolls



Sequence: AB, A(1-8), AB, A(1-8), A, C to the end

PART A

STEP/CROSS, TOUCH, ¼ TURN, STEP BACK, STEP OUT-OUT, HEEL SWIVELS, WALK, ½ TURN PIVOT

- &1-2 Step right over left, take large step to the left on left foot, touch right toe next to left foot
3&4& ¼ turn right pulling right foot in next to left, step back on right foot, step out on left foot, step out on right foot
5& On the ball of left foot and the heel of right foot, swivel so that both feet are facing right, swivel feet back to center with left foot taking weight
6-7 Step forward on right foot, step forward on left foot
8&1 Step forward on right foot, step forward on left foot, with weight forward on left, pivot a ½ turn right with right foot taking weight

STEP OUT WITH BODY DIP, TOE HEEL CROSS 2X, TOE HEEL

- 1-3 Step to the left on left foot as you body dip to the left, slowly
4 Conclude body dip as you bring left foot into the right, weight ends up on left foot
5&6& Touch right toe into left foot, touch right heel out on a diagonal right, cross right foot over left, touch left toe into right foot
7&8&1 Touch left heel out on a diagonal left, cross left foot over right, touch right toe into left foot, touch right heel out on a diagonal right step on right diagonally forward, lean back while you step forward while keeping weight on right foot

HOLD, STEP, STEP FORWARD, TURN-STEP, FULL TURN, HOLD, BALL CHANGE, MAMBO STEP

- 2 Hold
&3-4 Step left foot beside right, step forward on right foot (still on a diagonal right), 3/8 turn to left stepping on left foot out

This squares you up to the back wall

- 5&6 Pivoting on ball of left, open ½ turn left with right foot taking weight (12:00), pivoting on ball of right foot, open ½ turn left with left foot taking weight (6:00), hold
&7 Step back on ball of right foot, step forward on left foot
8&1 Rock forward on right, recover in place on left, step back on right as you drag left heel

¼ TURN, ½ TURN WITH TO THE LEFT HIP ROLL, STEP UP/UP, STEP BACK/BACK, HIP AND BUTT BUMPS

- 2 Step a ¼ turn left on left foot
3-4 Step a ½ turn to the left on the right foot as you roll your hips around to the left (weight ends up on right foot)
5&6& Step up diagonally left on left foot, step up diagonally right on right foot, step back diagonally left on left foot, step back diagonally right on right foot
7&8& Push your bootie straight back, continue by pushing right hip to right side, continue by pushing your hips forward, conclude hip bumps by pushing left hip to left side with left foot taking weight

PART B

This is only done twice through the whole dance, this will change to a night club rhythm even though it will feel like a waltz

TWINKLE, TWINKLE ¼ TURN, BASIC FORWARD, BASIC BACK

- 1-2& Cross right foot over left and progress forward diagonally left, step/rock left out to left side, recover back on right foot
- 3-4& Cross left foot over right and progress forward diagonally right, ¼ turn left stepping back on right, step left foot beside right
- 5-6& Step forward on right foot, step left foot beside right, step right foot in place
- 7-8& Step back on left foot, step right foot beside left foot, step left foot in place

TWINKLE, TWINKLE ¼ TURN, STEP, FULL TURN, STEP, HITCH AND PIVOT ¼ TURN, CROSS/STEP

- 1-2& Cross right foot over left and progress forward diagonally left, step/rock left out to left side, recover back on right foot
- 3-4& Cross left foot over right and progress forward diagonally right, ¼ turn left stepping back on right, step left foot beside right
- 5-6& Step forward on the right foot, begin full turn by pivoting a ½ turn right on ball of right foot, stepping back on left foot, complete full turn by pivoting a ½ turn right on ball of left foot, stepping forward on right foot
- 7-8 Step forward on left foot, ¼ left on ball of left foot as you hitch right and cross right over left with right taking weight

WEAVE - SIDE, BEHIND, SIDE, CROSS, SIDE, BEHIND, SIDE

- 1&2& Step left foot to left side, step right foot behind left, step left foot to left side, cross right foot over left
- 3&4& Step left foot to left side, step right foot behind left, step left foot to left side, cross right foot over left

PART C

WALK/CROSS, HOLD, WALK/CROSS, HOLD, STEP FORWARD, HOLD, ½ TURN PIVOT, HOLD

- 1-4 Step forward crossing right over left and, hold and snap right fingers out to right side, step forward cross left over right, hold and snap right fingers in toward the center of your body

Let arm swing as you do snaps from side to center

- 5-8 Step forward on right foot, hold, ½ turn pivot left with left foot taking weight, hold
- 9-16 Repeat 8 counts again

TOE STRUT, CROSS/TOE STRUT, ROCK-STEP, HOOK, ½ TURN

- 1-4 Tap right toe to right side, drop heel and weight on right foot and snap right fingers to right side, cross left foot over right and tap left toe, drop heel and weight on left foot and snap right fingers in toward center of body

Let arm swing as you do snaps from side to center

- 5-8 Rock to the right side on right foot, recover in place on the left foot, hook right foot behind left, ½ turn over the right shoulder with left foot taking weight

TOE STRUT, CROSS/TOE STRUT, ROCK-STEP, HOOK, ¾ TURN

- 1-4 Tap left toe to left side, drop heel and weight on left foot and snap right fingers to right side, cross right foot over left and tap right toe, drop heel and weight on right foot and snap right fingers in toward center of body

Let arm swing

- 5-8 Rock to the left side on left foot, recover in place on right foot, hook left foot behind right, ¾ turn over the left shoulder with left foot taking weight
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