

X-Rated

拍数: 64 墙数: 4 级数:
编舞者: Rob Loudermilk (USA), Stephanie Mans, Susan Certain & Matthew Kirby
音乐: Hillbilly Rap - Neal McCoy



STEP, CROSS, HOLD, FULL SPIN LEFT, REPEAT.

- & Step ball of left foot beside right foot
- 1 Step ball of right foot across in front of left foot
- 2 Hold
- 3-4 Unwind a full turn left bringing right foot in place beside left foot (12:00)
- 5-8 Repeat steps &1-4

RIGHT ARM FORWARD, HOLD, LEFT ARM FORWARD, HOLD, BODY ROLL TWICE.

- 1-2 (Extend right arm forward with palm out, fingertips pointed up)
 - 3-4 (Extend left arm forward placing left palm on back of right hand)
- Use ripple motion as you are extending arm, hand in toward body before extending**
- 5-6 Body roll
 - 7-8 Repeat body roll

As you are executing body rolls, bring both hands in toward chest and then lower hands to normal dance position (about waist level)

SHUFFLE FORWARD, FORWARD ROCK STEP, BACK ROCK STEP, STEP, SLIDE.

- 1 Step right foot forward.
- & Step ball of left foot beside right
- 2 Step right foot forward
- 3 Rock forward on left foot
- 4 Step back on right foot
- 5 Rock back on left foot
- 6 Step forward on right foot
- 7 Step left foot forward
- 8 Slide right foot beside left foot transferring weight to right foot

STEP, SLIDE, STEP, SCUFF, STEP RIGHT, RIGHT HAND TO WAIST, EXTEND LEFT ARM, HOLD.

- 1 Step left foot forward
- 2 Slide right foot beside left foot transferring weight to right foot
- 3 Step left foot forward
- 4 Scuff right heel forward
- 5 Step right foot side right
- 6 (Place right hand to front center of waist (about buckle position))
- 7 (Turn head to look toward 9:00 and extend left arm to left (palm facing left and fingertips pointed up))
- 8 Hold

RIGHT KNEE IN-OUT-IN-OUT-IN-OUT

During next eight counts, weight should primarily be on ball of right foot, knees bent, and body should lean slightly right

- 1 Move right knee in
- Twisting on ball of right foot with left foot stationary**
- 2 Move right knee out
- Twisting on ball of right foot with left foot stationary**
- 3-8 Repeat steps 1&2 three times

HIP ROLL WITH ¼ TURN LEFT, HIP THRUST, HIP ROLL WITH ½ TURN RIGHT, HIP THRUST, STEP FORWARD RIGHT, STEP FORWARD LEFT, HIP BUMPS.

1-2 Rotate hips back and right, turn body ¼ turn left and push hips forward

Toward 9:00. Weight will end on right foot. Heel of left foot on floor with left toes up, knees straight

3-4 Rotate hips back and left, turn body ¼ turn right and push hips forward

Toward 3:00. Weight will end on left foot. Heel of right foot on floor with right toes up, knees straight. Now facing 3:00

5 Step down on right foot

6 Step left foot beside right foot

7-8 Body roll or bump or wiggle hips for two counts

PIGEON-TOE SWIVELS TRAVELING RIGHT WITH ARM AND HEAD MOVES

1 (On heel of right foot and ball of left foot) move right toes and left heel right

2 (On ball of right foot and heel of left foot) move right heel and left toes right

3-6 Repeat steps 1-2 twice more

7 (On heel of right foot and ball of left foot) move right toes and left heel right

8 (On heel of right foot and ball of left foot) move right toes and left heel back to center

ARMS: As you begin swivels, cross arms in front of chest, palms resting just above elbows

1 (Raise both hands until backs of hands meet)

2 (Return hands to rest on arms)

3-4 (Repeat arm movements for steps 1-2)

5 (Raise palm of left hand to face right, fingertips up and turn head to look right)

6 (Turn head to face front)

7-8 (Repeat arm and head movements for steps 5-6)

PIGEON-TOE SWIVELS TRAVELING LEFT WITH ARM AND HEAD MOVES

1 (On heel of left foot and ball of right foot) move left toes and right heel left

2 (On ball of left foot and heel of right foot) move left heel and right toes left

3-6 Repeat steps 1-2 twice more

7 (On heel of left foot and ball of right foot) move left toes and right heel left

8 (On heel of left foot and ball of right foot) move left toes and right heel back to center

ARMS: Arms still in front of chest, palms resting just above elbows.

1 (Raise both hands until backs of hands meet)

2 (Return hands to rest on arms)

3-4 (Repeat arm movements for steps 1-2)

5 (Raise palm of right hand to face left, fingertips up and turn head to look left)

6 (Turn head to face front)

7-8 (Repeat arm and head movements for steps 5-6)

REPEAT
