

# Independent

拍数: 32      墙数: 2      级数: Intermediate  
编舞者: Jo Everhart (USA)  
音乐: Miss Independent - Kelly Clarkson



## ROCK, STEP, ROCK, STEP, KICK, STEP OUT-OUT

- 1&2&      Rock to right on right foot, recover weight back on left, rock back on right foot, recover weight to left foot
- 3&4      Kick right foot forward, step back and slightly out on right foot, step left foot out to left side (weight. On left).

## TOE PRESS, STEP, BODY ROLL WITH TURN

- 5-6      Turn right toe and knee to right as you press weight onto right toe (knee bent), recover weight back onto left as you face back to original wall
- 7-8      Shifting weight to right and turning  $\frac{1}{4}$  turn to left-do a 2 count downward body roll ending in a sitting position (weight back on right foot)

## HOLD, FOOT TWIST WITH HIP SHIFT-SIT, SHUFFLE LEFT-RIGHT-LEFT

- 9&10      Hold for count 9, twisting feet to right-lift hips up and forward on and count, return to original sitting position for count 10 (weight back on right foot)
- 11&12      Step forward on left foot, step right foot next to left foot, step forward foot

## KICK, CROSS, ROCK, FULL TURN-STEP, TOE TOUCH

- 13&14      Kick right foot forward, cross right foot over left foot (taking weight), rock to left on left foot (start of a Monterey turn)
- &15-16      Recover weight to right foot, turn full turn to the left and step on left foot, touch right toe to right

## CROSS-FRONT, STEP, CROSS-BEHIND, STEP, CROSS-FRONT, STEP, TOE TOUCH

- 17&18&      Cross right foot over left foot, step left foot to left, cross right foot behind left foot, step left foot to left
- 19&20      Cross right foot over left foot, step left foot to left, touch right toe at home position

## STEP BACK, DRAG AND TOUCH TOE, TRIPLE STEP 1 $\frac{1}{4}$ TURN

- 21-22      Step slightly large step back on right foot, drag left foot back and touch left toe next to right foot
- 23&24      Turn  $\frac{1}{4}$  wall to left as you step on left foot, turn  $\frac{1}{2}$  wall left as you step on right foot, turn  $\frac{1}{2}$  wall to left as you step on left foot

## STEP, TOE TOUCH, KICK-BACK, STEP-BACK, STEP-BACK

- 25&26      Step forward on right foot, touch left toe next to right foot, kick left foot slightly back.
- 27-28      Step back on left foot, step back on right foot

## HOOK, KICK, ROCK, STEP, STEP

- 29-30      Hook left foot in front of right foot, kick left foot forward
- 31&32      Rock to left on left foot, recover weight to right foot, step left foot next to right foot

## REPEAT

## RESTART

After 4th full set of 32 you will only do the first 16 counts of the dance and then begin again.

## TAG

**After the 3rd wall**

**KNEE ROLL, ROCK, STEP, STEP**

1&2 Rolling knee to the right-do a 2-count knee roll shifting weight to right foot on count 2

3&4 Rock on left foot behind right foot, recover weight to right foot, step to left on left foot

**CROSS-BEHIND, STEP, CROSS-FRONT, ROCK, STEP, STEP**

5&6 Cross right foot behind left foot, step to left on left foot, cross right foot in front of left foot

7&8 Rock to left on left foot, recover weight to right foot, step left foot next to right foot taking weight

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