

I Don't Need A Man

拍数: 32 墙数: 4 级数: Improver
编舞者: Carina Slijters (NL)
音乐: I Don't Need a Man - The Pussycat Dolls



KICK, OUT-OUT, HIPS, CROSS, SIDE, ¼ TURN RIGHT, SHUFFLE FORWARD

1 Kick right foot forward
& Step right foot next to left foot, bump hips to right
2 Step left foot to left, bump hips to left
3 Bump hips to right
4 Bump hips to left
5 Cross right foot over left foot
& Step left foot to left
6 Make ¼ turn right, weight on right
7 Step left foot forward
& Step right foot next to left foot
8 Step left foot forward

ROCK STEP, SHUFFLE ½ TURN RIGHT, PADDLE TURNS, CROSS, SIDE ROCK

1 Step right foot forward
2 Weight back to left foot
3 Make ¼ turn right, step right foot to right
& Step left foot next to right foot
4 Make ¼ turn right, step right foot forward
5 Step left foot forward
6 Weight back to right foot
7 Step left foot backwards
& Step right foot next to left foot
8 Step left foot forward

TOUCH, TOUCH, BEHIND, ¼ TURN LEFT, FORWARD, ROCK STEP, COASTER STEP

1 Point right foot forward
2 Point right foot to right
3 Cross right foot behind left foot
& Make ¼ turn right, step left foot next to right foot
4 Step right foot forward
5 Step left foot forward
6 Weight back to right foot
7 Step left foot backwards
& Step right foot next to left foot
8 Step left foot forward

WALK, WALK, BEND KNEES, ½ TURN RIGHT, JAZZ BOX WITH HITCH LEFT, CLOSE

1 Step right foot forward
2 Step left foot forward
3 Bend through your knees
4 Make ½ turn right (weight on left, straighten your knees)
5 Cross right foot over left foot
6 Step left foot backwards
7 Step right foot to right
8 Hitch left foot

& Step left foot next to right foot

REPEAT
