

拍数: 32      墙数: 4      级数: Improver hip hop  
编舞者: Garth Bock (USA)  
音乐: If You Wanna Dance - Nobody's Angel



Presented at The Gateway Dance Workshop in St. Louis, Mo. On April 17th, 2004 and dedicated to the great people I met there

## SCUFF OUT OUT, TWISTS, COASTER STEP, SYNCOPATED PIVOT

1&2      Scuff right foot forward, step right foot to side, step left foot to left side  
3&4      Twist heels right, left, right turning body  $\frac{1}{4}$  left (weight on right foot)  
5&6      Step left foot back, step right next to left, step left foot forward (coaster step)  
7&8      Step right foot forward, pivot  $\frac{1}{2}$  turn left, step right foot forward

## ROCK STEP, $\frac{1}{4}$ TURN SHUFFLE, WEAVE, ROCK CROSS

9-10      Rock forward on left foot, recover weight on right  
11&12      Step left foot  $\frac{1}{4}$  turn left, step right next to left, step left to left side  
13&14      Step right behind left, step left to left side, cross right over left  
15&16      Rock left to left side, recover weight on right, cross left over right

## HEEL JACKS (OR BUMPS), TOE TOUCH $\frac{1}{4}$ TURN, COASTER

17&18      Step right to right side, touch left heel at left diagonal  
&19&20      Step left back, cross right over left, step left back, touch right heel at right diagonal  
21-22      Touch right toe at left instep, turn knee out turn  $\frac{1}{4}$  turn right  
23-24      Step right back, step left next to right, step right forward

## LEFT SHUFFLE, ROCK STEP, TWO STEP TURN, RIGHT WALK, LEFT WALK

25&26      Step left forward, step right next to left, step left forward  
27-28      Rock forward on right, recover weight on left  
29-30      Turn  $\frac{1}{2}$  turn right step forward on right, turn  $\frac{1}{2}$  right step back on left  
31-32      Walk forward on right, walk forward on left

## REPEAT

Optional: on counts 17-20 you can bump hips right, right, then left, left

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