

# Full Tilt

拍数: 32      墙数: 4      级数: Intermediate west coast swing  
编舞者: Dan Albro (USA)  
音乐: Tilt Ya Head Back (feat. Christina Aguilera) - Nelly



## SHUFFLE SIDE, SHUFFLE SIDE, ¼ SHUFFLE SIDE, BEHIND, SIDE, HEEL

1&2&      Shuffle stepping side right, step left next to right, step side right, bring left knee towards right  
3&4&      Shuffle stepping side left, step right next to left, step side left, bring right knee towards left  
            turning ¼ left  
5&6-7&8      Shuffle stepping side right, step left next to right, step side right, cross left behind, step side  
            right, touch left heel out

Styling note: on counts 1&2: lean body slightly left as you shuffle right; on counts 3&4: lean body slightly right as you shuffle left

## STEP, TOUCH, & HEEL & OVER & BEHIND & OVER UNWIND ¾

&1&2      Step down on left, touch right next to left, step back on right, touch left heel out  
&3&4&5      Step down on left, cross right over left, step side left, cross right behind left, step side left,  
            cross right over left  
6-7-8      Slowly unwind ¾ turn left, clap hands on 8

## HIP BUMPS, KICK ¼ TOUCH, SHUFFLE SIDE, BEHIND, ¼ TURN, STEP

1&2-3&4      Bump hips right, left, right, kick left forward, turn ¼ left stepping left next to right, touch right  
            next to left  
5&6      Shuffle side stepping side right, step left next to right, step side right  
7&8      Cross left behind, turn ¼ right stepping forward right, step forward left

## STEP ½ TURN, WALK RIGHT, LEFT, LUNGE ¼, TOUCH, ¼ STEP, BRUSH, ¼ HITCH

1-2-3-4-5      Step forward right, pivot ½ turn left (weight on left), walk forward right, walk forward left, lunge  
            forward right turning ¼ left  
6-7-8&      Touch left next to right, step ¼ left on left, brush right forward, hitch right knee turning ¼ left

**REPEAT**

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