

Forget Her

拍数: 48 墙数: 4 级数:
编舞者: Alyson Climis (USA)
音乐: I Can Love You Better - The Chicks



POINT, KNEE, POINT, KNEE; STEP RIGHT, DOWN, CROSS DOWN

- 1 Right toes touch to right side
- 2 Right knee bends up crossing in front of left leg
- 3-4 Repeat counts 1-2
- 5 Right foot steps on ball of foot to right side
- 6 Right heel steps to floor weight transferring to right foot
- 7 Left foot crossed in front of right foot stepping on ball of foot
- 8 Left heel steps to floor weight transferring to left foot

STEP RIGHT, DOWN, COASTER TURN; RIGHT TOE AND HEEL, SHUFFLE RIGHT, LEFT, RIGHT

- 1 Right foot steps on ball of foot to right side
- 2 Right heel steps to floor weight transferring to right foot
- 3 Coaster turn: left foot steps on ball of foot crossing behind right foot making 1/8 turn to left
- & Right foot steps on ball of foot next to left completing 1/4 turn to left
- 4 Left foot steps forward
- 5 Right foot slides along floor and right toes touch forward
- & Right foot slides back and touches next to left foot
- 6 Right foot slides along floor and right heel touches forward
- 7 Shuffle forward: right foot steps forward
- & Left foot slides in next to right foot taking weight
- 8 Right foot steps forward

LEFT TOE AND HEEL, SHUFFLE LEFT, RIGHT, LEFT; BRUSH, STEP 4TH, PUMP AND PUMP

- 1 Left foot slides along floor and left toes touch forward
- & Left foot slides back and touches next to right foot
- 2 Left foot slides along forward and left heel touched forward
- 3 Shuffle forward: Left foot steps forward
- & Right foot slides in next to left foot taking weight
- 4 Left foot steps forward
- 5 Right foot brushes forward (for styling: turn right knee in as you brush)
- 6 Right foot steps back to 4th position (for styling: swing leg slightly out to right and back to step)
- 7 Hips thrust forward and up with knees bent
- & Hips continue around to back and down knee still bent
- 8 Hips thrust forward and up as you straighten legs and step onto left foot

ROCK, RECOVER, 1/2 TURN-CHA-CHA; CROSS, BACK, DRAG, STEP

- 1 Rock forward onto right foot stepping slightly in front of left foot
- 2 Recover (rock back) onto left foot
- 3 Make 1/2 turn to right as you step onto right foot
- & Left foot steps in place
- 4 Right foot steps in place
- 5 Left foot crosses in front of right foot taking weight
- 6 Right foot takes big step back and slightly to the right
- 7 Left foot drags along floor toward right foot
- 8 Left foot steps next to right foot

KICK AND HEEL AND CROSS STEP LEFT; BUMP LEFT, RIGHT, LEFT-RIGHT-LEFT

- 1 Right foot kicks forward and across left foot low to floor
- & Right foot steps next to left foot
- 2 Left heel touches forward and slightly to the left
- & Left foot steps next to right foot
- 3 Right foot cross in front of left foot taking weight
- 4 Left foot steps to left side
- 5 Hips bump to left side
- 6 Hips bump to right side
- 7&8 Hips bump left, right, left

RIGHT KNEE ROLL, LEFT KNEE ROLL; POINT, CROSS, UNWIND, HOLD

- 1-2 Right knee rolls in, forward, and to the right stepping onto right foot
- 3-4 Left knee rolls in, forward, and to the left stepping onto left foot
- 5 Right toes touch to right side
- 6 Right foot crossed in front of left foot
- 7 Unwind full turn onto left foot
- 8 Hold (clap or snap optional)

REPEAT
