Findin' A Good Man

拍数: 44

级数: Improver

编舞者: Derrick Walker (USA)

音乐: Findin' a Good Man - Danielle Peck

WALK, WALK, STOMP, STOMP, SWAY HIPS

- Walk forward on right foot, walk forward on left foot 1-2
- 3-4 Stomp right foot to right, stomp left foot to left
- 5-8 Sway hips right-left-right-left

TOE SYNCOPATION

- 1& Touch right toe next to left, bring foot down
- 2& Touch left toe next to right, bring foot down making 1/4 turn right
- 3-4& Touch right toe next to left, hold, bring foot down
- 5& Touch left toe next to right, bring foot down
- 6& Touch right toe next to left, bring foot down making 1/4 turn left
- 7-8 Touch left toe next to right, hold

HIP ROLLS

- &1-2 Step left foot down (&), roll hips to the left from right to left
- 3-4 Roll hips to the right from left to right
- 5-6 Roll hips to the left from right to left
- 7-8 Roll hips to the right from left to right

Option: add some attitude to your hips

TRIPLE, TRIPLE, 2 FULL TURNS TRAVELING BACK

- 1&2 Triple step back right-left-right
- 3&4 Triple step back left-right-left
- 5-6 Make 1/2 turn right stepping forward on right foot, make 1/2 turn right stepping back on left foot
- 7-8 Repeat 5-6

STEP, 1/4 TURN 4X

- 1-2 Step right foot forward, turn 1/4 left shifting weight to left foot
- 3-4 Step right foot forward, turn 1/4 left shifting weight to left foot
- 5-6 Step right foot forward, turn 1/4 left shifting weight to left foot
- 7-8 Step right foot forward, turn 1/4 left shifting weight to left foot

If you want this 8 count to look a little sexy, add some hips movements as you turn

STEP, STEP WITH HAND MOVEMENT, CROSS 3/4 TURN

1-2 Step back on right foot, step back on left foot

As you stepping back, you will have your arms in front of your body with palm up motion as if telling someone to "come here" or "I need to see you"

Kick right foot forward, cross right foot over left, unwind a 3/4 turn left &3-4

REPEAT





墙数:4