

Don't Cha

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Shaz Walton (UK)
音乐: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



Start 32 counts in after the word "Fellas"

STEP BACK, HALF TURN LEFT, HOLD, STEP, ¾ TURN, SIDE, TOUCH, POINT, TOGETHER, POINT, HITCH/BUMP

- 1-2 Step back right, make ½ turn over left shoulder
- 3&4 Hold, make a ¾ turn left stepping on the right foot ending up with left crossed over right
- 5-6 Step side, touch
- 7&8& Touch left to left side, touch left beside right, touch left to left side, hitch left up

Stick your bum out as you do this. Hit the beat!

LUNGE, ¼ TURN RIGHT, MAMBO TOUCH, HIP ROLL LEFT, POINT, RAISED CROSS

- 1-2 Lunge out to left, with attitude, make a ¼ turn right
- 3&4 Rock forward left, recover on right, touch left beside right
- 5-6 Roll hips anti to the right twice making a ¼ turn left, weight ends on left foot
- 7-8 Touch right foot forward, hook left foot across right

CROSS STEP, STEP SIDE, BEHIND, TURN, STEP, ¼ CROSS STEP (WITH DIP) STEP BACK ¼ LEFT, FUNKY WALK, DRAG

- 1-2 Cross step right over left, step left to left side
- 3&4 Cross step right behind left, make ¼ left stepping left forward, step right forward
- 5-6 Making a ¼ turn left cross step left over right (dip & bend knees) step back on right making ¼ turn left (digging left heel & keep left toes raised,)
- &7-8 Step left beside right, large step forward right, (lean back as you do this) drag the left foot up to right, (straighten up as you drag)

DIAGONAL HIP PUSH, RECOVER, COASTER STEP, DIAGONAL HIP PUSH, RECOVER, KNEE POP, KNEE POP ¼ TURN RIGHT

- 1-2 Touch left foot to left diagonal pushing left hip forward, recover weight on right
- 3&4 Step back left, step back right, step forward left
- 5-6 Touch right foot to right diagonal pushing right hip forward, recover weight on left
- 7-8 Pop right knee towards left, pop right knee out making ¼ turn right, (use your shoulders for extra funkiness here)

REPEAT