

Don't Cha

COPPER KNOB
BY STEPHEN

拍数: 0 墙数: 2 级数: Intermediate/Advanced
编舞者: Alice Lim (SG)
音乐: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



Sequence: AAAB; AAB; AAB (B is always done at back wall)

PART A

KNEE POPS, STEP TOUCH, CROSS UNWIND TWICE

- 1&2 Touch right toe near left popping right knee in, step right in place, touch left toe near right popping left knee in
- 3 Step left to side as you move left hand from right ear to back of head ending behind left ear
- 4 Touch right beside left dropping left arm
- 5-6 Cross right over left, unwind ½ turn left (hands on hips while crossing & unwinding)
- 7-8 Cross right over left, unwind ½ turn left (hands on hips while crossing & unwinding))

Optional arm movements

- 5-8 Swing both arms above head 1 & ½ circles to the left

SHIMMIES, LUNGE STEP, HIP BUMPS

- 1&2 Step right diagonally forward bending body slightly forward & pop shoulders forward left-right-left
- & Transfer weight to left foot straightening body & pop right shoulder forward
- 3&4 Pop shoulders forward left-right-left
- 5 Lunge to right as you move left hand from right ear to back of head ending behind left ear
- 6 Step left together dropping left arm
- 7&8 Look left as you bump hips twice to left side

Place right hand with fingers pointing back over right ear and left hand on hips while bumping 7&8

HIP ROLLS, OUT OUT, IN IN

- 1-4 Touch right ball forward, roll hips to the left as you ¼ turn left, repeat for 3-4 (6:00)

Hands stay on hips throughout the 4 counts

- 5-6 Step right diagonally forward, step left diagonally forward (feet are now apart)
- 7-8 Step back on right, step left together

Optional arm movements:

- 5 Raise right arm with elbow bent so that right palm is facing 3:00 & at same time place left arm horizontally across stomach so that left palm is facing the floor & fingers are beside right elbow (right & left arms form left shape)
- 6 Raise left hand up & at same time place right arm horizontally across stomach (arms form left shape)
- 7 Cross arms over chest (left over right)
- 8 Slap hands lightly on thighs

& OPEN, SQUAT, BEND, FLIP, RAISE, PELVIS, KNEES, BUTT

- &1 Step right to side, step left to side so that legs are open (shoulder width apart)
- 2 Bend knees to squat & place hands lightly on knees keeping upper body upright, head looking forward
- 3 Push buttocks back straightening knees so as to bend body forward at ¼ turn angle to legs (back is straight, head bent and hair hanging down towards floor)
- 4 Flip hair up ending with head looking forward and chin up (body is still bent forward & hands still on knees)
- 5-6 Slowly raise upper body to upright position while sliding hands up, thighs over 2 counts ending at front of thigh joints

- 7 Move pelvis forward so that butt is in and at the same time move shoulders forward so that chest is also in
- & Bend knees slightly
- 8 Keeping knees bent, push buttocks back so butt is out and at the same time push shoulders back so that chest is also out

Hands will slide to respective sides of pelvis when you push shoulders back

5-8 are continuous movements. So don't pause between moves

PART B

FIST ROLLS, STEP CLOSE OPEN CLOSE OPEN TRAVELING LEFT

- 1&2 ¼ Turn right to face 9:00 & roll fists outward one over the other in front of body
- 3&4 Pivot ½ turn left to face 3:00 & roll fists in front of body
- 5-8 Step right together, left to side, right together, left together traveling left towards 3:00 - move your hips

While traveling keep head turned left towards 3:00 but body & toes face 4:30

Arm movements:

- 5-8 Place left hand on left hip and wave right hand near right side of neck gesturing you feel "hot" - position right hand with fingers open in the shape of fan near right side of neck & wave in i.e. towards body(5), then out i.e. Away from body(6), then in(7), then out(8)

FIST ROLLS, STEP CLOSE OPEN CLOSE OPEN TRAVELING RIGHT

- 9&10 Keeping weight on left leg, turn body to face 3:00 & roll fists in front of body
- 11&12 Pivot ½ turn right to face 9:00 & roll fists in front of body
- 13-16 Step left together, right to side, left together, right to side traveling right towards 9:00 - move your hips

While traveling, keep hands on hips and head turned right towards 9:00 but body & toes face 7:30

Optional arm movements:

- 13-16 Place left hand with fingers pointing back over left ear while right hand is on right hip throughout the 4 counts

HIP BUMPS TRAVELING FORWARD, STEP PIVOT, STEP STEP

- 17&8 Step left forward to bump hips left twice
- 19&20 Step right forward to bump hips right twice
- 21-22 Step left forward, pivot ½ turn right stepping right forward (12:00)
- 23 Big step to left side pushing right palm out to side (elbow straight & palm facing side wall)
- 24 Step right together dropping right arm to side

CHEST/BUTT OUT, IN, OUT-IN-OUT, SKATES

- 25 Step left to side bending knees and at same time push shoulders & butt back so that chest and butt are out
- 26 Move shoulders and pelvis forward so that chest and butt are in
- 27&28 Move shoulders and butt at the same time so that chest & butt go out(27) in(&) out(28) (hands are on sides of pelvis throughout counts 25-28)
- 29-32 Skate left-right-left-right
- 33-64 Mirror image of counts 1-32

Start section 5 by turning ¼ left to face 9:00 & roll fists(33&34). You will end with section 8 skating right-left-right-left(61-64) facing back wall and ready to start Part A with right leg
