

Dirrty

拍数: 32 墙数: 4 级数: Advanced
编舞者: The Firebirds (UK)
音乐: Dirrty - Christina Aguilera



FULL MONTEREY, ROCK & CROSS, KICK & CROSS, HEEL BOUNCE

1-2 Point right to right side, on ball of left, full turn right stepping right foot next to left
3&4 Rock left to left side, recover onto right, cross left over right
5&6 Kick right foot diagonally forward right, step right next to left, cross left over right
7&8 Stomp right to right side, lift right heel up then drop right heel

Bend right knee so you're leaning over your right foot while doing heel bounce

HEEL SWIVELS, BODY ROLL, FULL TURN, MAMBO FORWARD

1&2 Swivel both heels right, left, right making a $\frac{1}{4}$ turn left
3-4 Body roll up and back onto your right foot
5&6 Make a full turn forward stepping left, right, left (turning left)
7&8 Rock forward on right, recover onto left, step right next to left

You will still be leaning forward over your foot (counts 7&8 from last section) so when you do the swivels they will turn you so that you will be leaning backwards- you body roll up from this position and drop weight back onto right foot

$\frac{1}{2}$ TURN, FULL TURN, MAMBO FORWARD

1&2 $\frac{1}{2}$ turn over left shoulder stepping forward on left, $\frac{1}{2}$ turn left stepping back on right, $\frac{1}{2}$ turn left stepping forward on left
3&4 Rock forward on right, recover onto left, step right next to left
5&6 Point left to left side, on ball of right turn $\frac{3}{4}$ turn left, point left to left side
7-8 Roll hips to the left, twice, ending with weight on left

Your legs should be hip width apart at this stage

DIAGONAL SHOULDER THRUSTS, $\frac{1}{4}$ TURNING HIP ROLLS, KICK & CROSS

1 Moving weight onto right foot, bending your knee (so you're leaning over your right foot), thrust right shoulder up while dropping your left shoulder, at the same time your left hip should automatically bump to the left
& Return to normal standing position
2 Repeat shoulder thrust to the right as above
3 Move weight onto left foot, bending your knee (this time leaning over your left foot), thrust left shoulder up while dropping your right shoulder
4 Repeat shoulder thrust to the right
5-6 Roll hips to the left twice, making a $\frac{1}{4}$ turn left
7&8 Kick right foot diagonally forward right, step right next to left, cross right over left

REPEAT