

# Confessions

拍数: 64      墙数: 2      级数: Intermediate  
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音乐: Confessions - Destiny's Child



## POINT FORWARD, POINT RIGHT NEXT TO LEFT, POINT SIDE RIGHT, & POINT SIDE LEFT, DRAG LEFT BACK NEXT TO RIGHT, KICK, TOGETHER, KICK, TOGETHER

- 1-2            Point right forward, point right back next to left
- 3&4          Point right out to side, bring right back next to left (transfer weight to right), point left out to side
- 5-6          Slowly drag left back next to right, transfer weight to left
- 7&8&        Kick right forward, bring right back next to left, kick left forward, bring left back next to right

## FORWARD RIGHT, FORWARD LEFT, ROCK FORWARD RIGHT, RECOVER LEFT, BACK RIGHT DRAG LEFT, BACK LEFT DRAG RIGHT, BACK RIGHT HOOK LEFT, FORWARD, FORWARD ANGLE LEFT SHUFFLE

- 1-2            Step forward right, step forward left
- 3&4          Rock right forward, rock back left, step back right while dragging left back slightly past right
- 5-6          Step back left - dragging right slightly past left, step back right and hook left in front of right
- 7&8          Step forward in a slight diagonal left, slide right behind left, step forward left

## POINT SIDE RIGHT, BACK RIGHT AND ½ TURN RIGHT, LEAN LEFT, LEAN RIGHT, CROSS LEFT, POINT SIDE RIGHT, BACK RIGHT AND ½ TURN RIGHT, LEAN LEFT, LEAN RIGHT, CROSS LEFT

- 1-2            Point right out to side, bring right back to center while doing a backward ½ turn on right foot
- 3&4          Step and lean to left, step and lean returning weight to right, cross left over right
- 5-6          Point right foot to side, bring right foot back to center while doing a backward ½ turn on right foot
- 7&8          Step and lean to left, step and lean returning weight to right, cross left over right

## SIDE RIGHT, BEHIND, SIDE RIGHT, RECOVER LEFT, CROSS RIGHT OVER LEFT, SIDE, CROSS, SIDE, PUSH HIP RIGHT, TOGETHER, SIDE

- 1-2            Step side right, step behind left
- 3&4          Step side right (with slight lean to right), recover weight on left, cross right over left
- 5&6          Step side left keeping slightly behind right, cross right over left, step out with left pushing hip out to left
- 7&8          Don't move feet push hip out to right (weight on left), step right together, step side left (pushing hip out to left)

## KNEES ROCKS: LEFT, RIGHT, LEFT, RIGHT, ¼ TURN LEFT, SLOW SEXY STROLL: FORWARD, FORWARD

- 1-2            Rock both knees to left, rock both knees to right
- 3&4          Rock both knees to left, rock both knees to right, ¼ turn left on left and bring right next to left
- 5-6          Step forward right (slow and sexy forward ending step on count 6) 2 counts to complete step forward
- 7-8          Step forward left (slow and sexy forward ending step on count 8) 2 counts to complete step forward

## SLOW SEXY STROLL FORWARD, LEFT NEXT TO RIGHT, POP KNEES UP & DOWN, POINT, TOGETHER, POINT, TOGETHER, POINT FORWARD, ¼ RIGHT, LEFT KNEE ROLL RIGHT NEXT TO RIGHT

- 1-2            Step forward right (slow and sexy forward ending step on count 6) 2 counts to complete step forward

- 3&4 Step left next to right, pop both knees up together (putting weight on both balls of feet), knees down as both feet come down (weight ends up on left)
- 5&6& Point right out to side, right next to left (weight transfer to right), point left out to side, left next to right (weight transfer to left)
- 7&8 Point right forward, while stepping back  $\frac{1}{4}$  turn right (weight ending up on right),  $\frac{1}{4}$  turn left knee around right next to right (weight still on right)

**STEP OUT SIDE LEFT WITH SLOW HIP ROLL OUT, CLAP, SLAP, SEXY HIP ROLLS**

- 1-2-3 Step left foot out to side with slow hip roll transfer weight
- &4 Clap hands in front of body, slap thighs
- 5-8 Roll hips to the right shifting weight right, left, right, left (end rolls with hip out left, weight on left)

**JAZZ WALK FORWARD: SIDE, HIP BACK, CROSS LEFT IN FRONT OF RIGHT, HIP BACK, SIDE, HIP, KICK BALL TOUCH**

- 1-2 Step right foot to side transfer weight (face slightly sideways), bump hip back a bit
- 3-4 Cross left foot in front of right transfer weight, bump hip back a bit
- 5-6 Step right foot to side transfer weight, bump hip back a bit
- 7&8 Kick left forward slightly crossing right, step left down, touch right next to left

**REPEAT**

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