

Butt-Naked

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Sini Helkala (FIN)
音乐: It Wasn't Me - Shaggy



TWO STEPS BACK, TURN, TWO STEPS FORWARD, KICK BALL TOUCH, TWO BODY ROLLS

1-2 Step right back, step left back
& Turn ½ turn right
3-4 Step right forward, step left forward
5&6 Kick right forward, step back on right, touch left near right with both knees bent
7 Body roll from down to up (can be replaced with hip bumps back and forward &7)
8 Body roll from up to down (can be replaced with hip bumps back and forward &8)

ROCK & HITCH, BEHIND-ACROSS-SIDE, TOUCH-BEHIND-ACROSS, SIDE STEP, ¼ RIGHT

1-2 Rock left across right, shift weight back to right hitching left knee
3&4 Cross left behind right, step right over left, step left to left side slightly sliding right towards left
5&6 Touch right to right side, cross right behind left, step across right
7 Step right to right side
8&1 Turn ¼ right weight on the balls of both feet (8) (weight ending to right) bouncing shoulders three times (8&1)

STEP FORWARD, TOUCHES, STEP BACK, ½ TOE-HEEL TURN, COASTER STEP FORWARD

2 Step left forward
3&4 Touch right forward, step right in place, touch left forward
5-6 Step left back putting weight to the ball of left foot and heel of right foot (lift left heel and right toe up), turn ½ left changing weight to the ball of right foot and heel of left foot (lift right heel and left toe up)
7&8 Step right forward (put left toe down), step left together, step right back

TWO STEPS BACK, ¼ LEFT, HOLD, HEAD TURNS, CROSS & UNWIND ¾ LEFT, BOUNCE SHOULDERS

1-2 Step left back, step right back
3-4 Step left back & turn ¼ left, hold
&5 Turn head left, turn head forward (weight on left foot)
6-7 Cross right across left, unwind ¾ turn left
8& Bounce shoulders twice

REPEAT
