

# American Idol

拍数: 64      墙数: 4      级数: Improver hustle  
编舞者: Dan Testa (USA)  
音乐: Forever Your Girl - Paula Abdul



## ATTITUDE BUMPS

- 1            With weight on left foot, drop right heel while bumping left hip
- 2-4        Repeat count 1 three times and transfer weight to right foot on the last one
- 5            Drop left heel while bumping right hip
- 6-8        Repeat count 5 three times

## HIP BUMPS

- 9-10        Bump hips left twice
- 11-12      Bump hips right twice
- 13-16      Bump hips left, right, left, right ending with weight on right foot

## CROSS, KICK, SAILOR STEP, ROCK STEP, TURN SHUFFLE

- 17-18      Step left crossing in front, kick right to the forward right diagonal
- 19&20      Step right behind left, step left to side turning  $\frac{1}{4}$  left, step right next to left
- 21-22      Rock forward left, recover right
- 23&24      Left shuffle while turning  $\frac{1}{2}$  left

## STEP PIVOT, RIGHT SHUFFLE, ROCK STEP, COASTER STEP

- 25-26      Step forward right, pivot  $\frac{1}{2}$  turn left ending with weight on left
- 27&28      Step forward right, step left next to right, step forward right
- 29-30      Rock forward left, recover right
- 31&32      Step back left, step right next to left, step forward left

## PIVOT, CLAP, AND STEP, CLAP, AND ROCK, RECOVER, CROSS SHUFFLE

- 33-34      Turn  $\frac{1}{4}$  right on both feet ending with weight on right, clap
- &35-36     Step left next to right, step right to right, clap
- &37-38     Step left next to right, rock right to side, recover left in place
- 39&40      Step right crossing in front, step left to side, step right crossing in front

## STEP, CLAP, AND STEP, CLAP, AND ROCK, RECOVER, CROSS SHUFFLE

- 41-42      Step left to side, clap
- &43-44     Step right next to left, step left to left, clap
- &45-46     Step right next to left, rock left to side, recover right in place
- 47&48      Step left crossing in front, step right to side, step left crossing in front

## STEP, PIVOT, RIGHT SHUFFLE, ROCK, STEP, TURN SHUFFLE

- 49-50      Step right to side, pivot  $\frac{1}{4}$  left ending with weight on left
- 51&52      Step forward right, step left next to right, step forward right
- 53-54      Rock forward left, recover right
- 55&56      Left shuffle while turning  $\frac{1}{2}$  left

## CROSS, STEP, TRIPLE STEP, CROSS, STEP, TRIPLE STEP

- 57-58      Step right crossing in front, step back left
- 59&60      Step right next to left, step left in place, step right in place
- 61-62      Step left crossing in front, step back right
- 63&64      Step left next to right, step right in place, step left in place

REPEAT

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