

Chelsea Rodgers

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Hillary Kurt (UK) & Gary Steele (UK) - September 2007
音乐: Chelsea Rodgers - Prince : (Album: Planet Earth)



Intro: Count 32 beats after the phrase "Role Model", then start the dance.

Section 1 - Step Hitch, Sailor Step, Swivel ¼ Right, Sailor Step.

1-2 Step right to right side, hitch left knee up and out to left side.
3&4 Step left behind right, step right to right side, step left to left side.
5&6 Swivel heels left, right, left; making a ¼ turn right. Weight ends up on left.
7&8 Step right behind left, step left to left side, step right to right side.

Section 2 - Funky Walks With Knee Rolls, Jump Out & Backwards x2, Heel Bounce x2.

1-4 Walking forward left, right, left, right. As you walk, roll knees in and out, left and right.
&5&6 Travelling backwards, jump out stepping left, right x2.
7-8 Bounce heels x2 ending with weight on left.

Section 3 - Heel Push x2 & Point & Cross, Bounce x2 ½ Left, Back Rock Scuff.

1-2 Raise and push right heel diagonally across left twice.
&3&4 Step right to right side, point left to left side, step down on left, cross right over left.
5-6 Bounce heels twice for a ½ turn over left shoulder, ending with weight on right.
7&8 Rock back onto left, recover weight onto right, scuff left forward.

Section 4 - Hip Bumps x2, Forward Mambo, Back Rock Scuff.

1-2 Placing left to left side, bump hips left x2.
3-4 Bump hips right x2.
5&6 Rock left forward, recover onto right, step left next to right.
7&8 Rock back onto right, recover onto left, scuff right forward.

Begin again

Fade music out when exhaustion sets in!
