

# Technique

拍数: 0                      墙数: 4                      级数: Phrased Beginner  
编舞者: Marie-Theres Dorner (AUT) - September 2008  
音乐: Piece of Me - Britney Spears



Intro: 16 Counts

Sequense: AAA-B-AAA-B-AAAAA

## Part A (32 Counts)

### Two-x Toe-Heel-Flick-Touch-Hitch-Step

- 1&2&3&4      Right toes touch together, Right heel touch together, RF flick diagonally back, RF cross touch over LF, RF hitch, step down on the RF, hold (weight on RF)
- 5&6&7&8      Left toes touch together, Left heel touch together, LF flick diagonally back, LF cross touch over RF, LF hitch, step down on the LF, hold (weight on LF)

### Triple Step, Coaster Step, Cross, Step Back with ¼ turn, Step Back, Coaster Step

- 1&2              RF step to the R-side, LF next to RF, RF step to the R-side
- 3&4              LF step diagonally back (to the right), RF together, LF step diagonally fwd. (weight on LF)
- &5-6             RF cross over LF, LF step back with a ¼ turn to the left side, RF step back (3:00)
- 7&8              LF step back, RF together, LF step fwd.

### Four-x Swivel, Triple Step, Step Forward

- 1-2              RF swivel diagonally fwd. right, LF swivel diagonally fwd. left
- 3-4              RF swivel diagonally fwd. right, LF swivel diagonally fwd. left
- 5&6              RF step fwd., LF step next to RF, RF step fwd.
- 7&8              LF step fwd., right shoulder up, right shoulder down and left up (weight chance on the RF)

### Lock Step back, Sweep with ½ turn, Point, Together, 4x Hop back

- 1&2              LF step back, RF lock over LF, LF step back
- 3&4&             RF sweep with a ½ turn to the right and touch together, LF point to the left side, LF together (weight on LF) (9:00)
- 5&6              Jump back on the RF- LF is in the air, Jump back on the LF-RF is in the air
- &7-8             Jump back on the RF-LF is in the air, Jump back on the LF-RF is in the air, RF touch together

## Part B (16 Counts)

### Grapevine, Circle with 4 Steps

- 1-2              RF step to the right side, LF cross behind RF
- 3-4              RF step to the right side, LF touch next to RF
- 5-6, 7-8         Walk a full circle beginning with the LF (LF-RF-LF), RF touch next to LF (9:00)

### Apple Jacks, Cross Over, Hold, Full Turn

- 1&2&             R & L Apple Jacks
- 3&4&             R & L Apple Jacks
- 5-6              RF cross over LF, hold
- 7-8              Full turn

At the end weight on the LF

DANCE AND FEEL IT!

