

If U Seek

拍数: 64 墙数: 2 级数: Intermediate
编舞者: David Thomas (SCO) - April 2009
音乐: If U Seek Amy - Britney Spears : (CD: Circus)



Start dancing on lyrics

Side Drag & Cross Hold, & Behind & Cross & Cross & Cross

1-2 Step right to side, drag left together
&3-4 Step left together, cross right over left, hold
&5&6 Step left to side, cross right behind left, step left to side, cross right over left
&7&8 Step left to side, cross right over left, step left to side, cross right over left

Rock ¼ Turn, Full Turn Back, Coaster Step, Side Stomp Hold

1-2 Turn ¼ left and rock left forward, recover to right
3-4 Turn ½ left and step left forward, turn ½ left and step right back
5&6 Step left back, step right together, step left forward
7-8 Stomp right to side, hold

Back Rock Recover Side Step Kick Hold, ½ Turn, ¾ Turn Right -Right Lock Right

1&2 Rock left diagonally back, recover on right, step left to side
3-4 Cross/kick right over left, hold (while right leg is still raised across left)
5-6 Turn ½ right and step right to side, turn ¾ right and step left to side
7&8 Step right forward, lock left behind right, step right forward

(&) Prissy Walks Forward X4, Step Hold, Pivot ½ Turn, Hold

&1-2 Lock left behind right, cross right over left, cross left over right
3-4 Cross right over left, cross left over right
5-6 Step right forward, hold
7-8 Turn ½ left (weight to left), hold

Crossing Mambo Twice, ½ Turn, ¾ Turn Right, Right Shuffle Forward

1&2 Cross/rock right over left, recover to left, step right in place
3&4 Cross/rock left over right, recover to right, step left in place
5-6 Turn ½ right and step right to side, turn ¾ right and step left to side
7&8 Step right forward, step left together, step right forward

Kick & Point, & Kick Back Touch, Hitch Forward ½ Turn Back, Body Roll

1&2 Kick left forward, step left together, point right to side
&3&4 Step right together, kick left forward, step left back, touch right toe back
5-6 Hitch right knee, turn ½ right and step right forward
7&8 Hold (body roll down and up, weight to right)

Easier option for counts 7&8: hip bumps left, right, left

Side Rock Recover, Cross Hold, Back Back Hold, Jump Forward Hold

1-2 Rock left to side, recover to right
3-4 Cross left over right, hold
&5-6 Step right back, step left back (pushing hips back and leaning forward), hold
7-8 Jump both feet forward (straightening body), hold

Back Back Hold, Jump Forward Hold, Syncopated Rocking Chair Turn ¼ Right

&1-2 Step right back, step left back (pushing hips back and leaning forward), hold
3-4 Jump both feet forward (straightening body), hold

5&6& Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left
7&8& Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left

Repeat
