

Sophisticated Bad Girl

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Malene Jakobsen (DK) - May 2010
音乐: Sophisticated Bad Girl - Colby O'Donis : (Album: Colby O)



Intro: 32 counts from the beginning on beat, 15 sec. into track - dance begins with weight on L.

(1-8) Ball side, knee pop, ball side, knee pop, ball cross, kick, cross, back, ball ¼

&1&2 (&) Step R to R, (1) step L next to R, (&2) pop knees 12.00
&3&4 (&) Step L to L, (3) step R next to L, (&4) pop knees (weight on L) 12.00
&5 (&) Step R next to L, (5) cross L over R 12.00
6-7-8 (6) Kick R diagonally R, (7) cross R over L, (8) step back on L 12.00
& (&) Step R to R making ¼ turn R 3.00

(9-16) Cross rock, side, behind, bum out, in, ¼, ¼

1-2 (1) Cross L over R, (2) recover onto R 3.00
3-4 (3) Step L to L, (4) cross R behind L 3.00
5-6 (5) Push bum out, slightly lifting balls of feet, (6) bring bum back in – weight on L 3.00
7-8 (7) Turn ¼ L stepping back on R, (8) turn ¼ L stepping L to L 9.00

(17-24) Cross, hold, ball cross, ¼, ¼, cross, hold, ball cross

1-2 (1) Cross R over L, (2) hold 9.00
&3 (&) Step L to L, (3) cross R over L 9.00
4-5 (4) Turn ¼ R stepping back on L, (5) turn ¼ R stepping R to R 3.00
6-7 (6) Cross L over R, (7) hold 3.00
&8 (&) Step R to R, (8) cross L over R 3.00

(25-32) Monterey ½, Monterey ¼, ball step, ½

1-2 (1) Point R to R, (2) on ball of L turn ½ R bringing R next to L 9.00
3-4 (3) Point L to L, (4) step L next to R 9.00
5-6 (5) Point R to R, (6) on ball of L turn ¼ R bringing R next to L 12.00
&7-8 (&) Step L next to R, (7) step forward on R, (8) turn ½ R stepping back on L 6.00

(33-40) ¼, drag, together, weave, cross

1-2 (1) Turn ¼ R making a big step R, (2) drag L towards R 9.00
3-4-5 (3) Step L next to R, (4) cross R over L, (5) step L to L 9.00
6-7-8 (6) Cross R behind L, (7) step L to L, (8) cross R over L 9.00

(41-48) Side mambo x 2, side, touch, ½ rumba box

1&2 (1) Rock L to L, (&) recover onto R, (2) step L next to R 9.00
&3& (&) Rock R to R, (3) recover onto L, (&) step R next to L 9.00
4-5 (4) Step L to L, (5) touch R next to L 9.00
6-7-8 (6) Step R to R, (7) step L next to R, (8) step forward on R 9.00

(49-56) Step ½ turn, full turn, rock ¼, ball, point switches

1-2 (1) Step forward on L, (2) turn ½ R 3.00
3-4 (3) Turn ½ R stepping back on L, (4) turn ½ R stepping forward on R 3.00
5-6 (5) Rock forward on L, (6) recover onto R making ¼ turn R 6.00
&7&8 (&) Step L next to R, (7) point R to R, (&) step R next to L, (8) point L to L 6.00

(57-64) Hold, ball hitch, ½, step, knee pops ½ turn, coaster

1&2 (1) Hold, (&) step L next to R, (2) hitch R 6.00

3-4 (3) On ball of L turn $\frac{1}{2}$ R swinging your hitched R knee, (4) step slightly forward on R 12.00
&5&6 (&5) Pop knees making $\frac{1}{4}$ L, (&6) pop knees making another $\frac{1}{4}$ turn L (keep weight on R)
6.00
7&8 (7) Step back on L, (&) step R next to L, (8) step forward on L 6.00

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