

Baby One More Time

COPPER KNOB
BY STEPHEN

拍数: 40 墙数: 4 级数: Beginner
编舞者: Nena Matela (USA) - December 2007
音乐: Baby One More Time - Britney Spears



Alternative: Baby One More Time by Glee Cast

Start dance 16 count in from first heavy drumbeat.

SIDE, CROSS, HEEL SWIVELS

1-2 Turn body diagonally right and step right to side, cross left over right
3&4 Step right next to left swiveling both heels right-left-right (weight to right)
5-6 Turn body diagonally left and step left to side, cross right over left
7&8 Step left next to right swiveling both heels left-right-left (weight to left)

(9-16) Repeat 1-8

BACK ROCK AND STEP

1&2 Turn body diagonally right and rock right back, recover to left, step right in place
3&4 Turn body diagonally left and rock left back, recover to right, step left in place
5-8 Repeat 1-4

MONTEREY HALF-TURNS

1-2 Touch right to side, step right together turning 1/2 right
3-4 Touch left to side, step left together
5-6 Touch right to side, step right together turning 1/2 right
7-8 Touch left to side, step left together

SAMBA WALK, SAMBA TURN, SAMBA WALKS

1a2 Step right forward, rock left back, recover to right
3a4 Step left forward, rock right toe back turning 1/4 left, recover to left
5a6 Step right forward, rock left toe back, recover to right
7a8 Step left forward, rock right toe back, recover to left

REPEAT
