

拍数: 64 墙数: 4 级数: Intermediate
 编舞者: Shaz Walton (UK) - February 2011
 音乐: S&M - Rihanna



64 count intro – start on lyrics

Toe. Heel. Cross. Toe. Heel. Toe. Heel. Step.

- 1-2 Touch right toe next to left with right knee in. Touch right heel next to left with right toes to right
- 3-4 Cross right over left. Touch left toe next to right with left knee in.
- 5-6 Touch left heel next to right with left toes out to left. Touch left toe next to right with left knee in.
- 7-8 Touch left heel next to right with left toes out to left. Step left beside right. (Use your hips during this whole section!)

Rock. Recover. ¼. Point. ¼. ½. Shuffle ½.

- 1-2 Rock forward on right. Recover on left.
- 3-4 Make ¼ right stepping right to right side. Touch left to left side.
- 5-6 Make ¼ left stepping left forward. Make ½ left stepping back right.
- 7&8 Shuffle 1/2 turn left, stepping L-R-L

Rock forward. Recover. Rock. Side. Recover. Rock back. Recover. ½. ¼.

- 1-2 Rock forward right. Recover on left.
- 3-4 Rock right to right side. Recover on left.
- 5-6 Rock right back. Recover on left.
- 7-8 Make ½ left stepping back right. Make ¼ left stepping left beside right.

Toe. Drop/slide/ toe. Drop/slide. Back. Back. Forward. Kick.

- 1-2 Dig right toes beside left . drop right heel as you lift left heel and slide left foot back.
- 3-4 Drop left heel as you raise heel of right and slide right foot back.
- 5-6 Step back right. Step back left.
- 7-8 Step forward right. Kick left foot forward. *** restart point*** - see below

Drop kick. Step. Scuff. Step. Step. ¼. Cross. Side.

- 1-2 Step left down as you kick right forward. Step right forward.
- 3-4 Scuff & hitch left. Step left forward.
- 5-6 Step right forward. Make ¼ left.
- 7-8 Cross right over left. step left to left side.

Knee twist. Cross hitch. Side. Drag. Behind. ¼. Rock. Recover.

- 1-2 Twist right knee in to meet left. Twist right knee to right side. (Weight on right)
- 3-4 Hitch left knee across right. Make a big step to left with left as you drag right heel to left.
- 5-6 Step right behind left. Make ¼ left stepping left forward.
- 7-8 Rock forward right. Recover left.

Walk Around ¾ Turn right.

- 1-2 Make ¼ right stepping right forward. Hold.
- 3-4 Step forward left. Hold.
- 5-6 Make ¼ right stepping right forward. Hold.
- 7-8 Make ¼ right stepping left to left side. Hold (feel the beat....do what the music tells you to do)

Back rock. Recover. Side bump. sit. Back rock. Recover. Side bump. sit.

- 1-2 Rock back on right. Recover on left.
3&4 Touch right to right as you bump right hip to side. Bump left. Sit over right hip.
5-6 Rock back on left. recover on right.
7&8 Touch left to left as you bump left hip to side. Bump right. Sit over left hip

Restarts- wall 3 & 6 after 32 counts - Restart the dance again facing the front both times.

Dance the following:

Toe. Drop/slide/ toe. Drop/slide. Back. Back. Forward. Kick. ¼ Step.

- 1-2 Dig right toes beside left . drop right heel as you lift left heel and slide left foot back.
3-4 Drop left heel as you raise heel of right and slide right foot back.
5-6 Step back right. Step back left.
7-8& step forward right. Kick left forward; make ¼ left stepping left down. Restart the dance from the front.

BIG FINISH facing the front!!

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