I Don't Care

拍數: 64

級數: Improver - Zumba style

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音樂: I Don't Care (feat. Fat Joe & Amerie) - Ricky Martin : (iTunes)

Intro 16 count

Sec 1 : \Box R Heel Forward Step, L Heel Forward Step X 2

- 1 & 2 Step R heel diagonally forward, step down on R
- 3 & 4 Step L heel diagonally forward, step down on L
- 5 & 6 Step R heel diagonally forward, step down on R
- 7 & 8 Step L heel diagonally forward, step down on L

[Optional styling : Move your hips forward , backward, forward]

Sec 2 : Step R side, Touch L, Step L side, Touch R, Step R side, Cross L, Step L side, Cross R

- 1 2 Step R to R, touch L behind R
- 3 4 Step L to L, touch R behind L
- 5 6 Step R to R, touch L across R
- 7 8 Step L to L, touch R across L

[Optional styling : bring both arms upward and then down for every 2 count]

Sec 3 : Step R back and Bend both knee, Step L back and Bend both knee X 2

- 1 & 2 Step back on R , bend both knee with weight on R
- 3 & 4 Step back on L , bend both knee with weight on L
- 5 & 6 Step back on R , bend both knee with weight on R
- 7 & 8 Step back on L , bend both knee with weight on L

[Optional styling : As you step back , do a chest pump and bend the knee]

Sec 4 : Modified R Jazz Box, Hip bump

- 1 4 Step R forward, cross L over R, step back on R, step L to L
- 5 & 6 Hip bump R, L, R [Optional styling : bring both arm forward and down]
- 7 & 8 Hip bump L, R, L [Optional styling : bring both arm forward and down]

Sec 5 : Modified L Jazz Box, Hip bump x 2

- 1 4 Step L forward, cross R over L, step back on L, step R to R
- 5 & 6 Hip bump L,R, L [Optional styling : bring both arm forward and down]
- 7 & 8 Hip bump R, L, R [Optional styling : bring both arm forward and down]

Sec 6 : DR Grapevine, Touch, Paddle 1/4 R Turn

- 1 4 Step R to R, step L behind L, step R to R, touch L next to R
- 5&6&7&8 Weight on R, touch L to L making 1/4 turning R X 4 times [Full paddle turn R]

[Optional styling : Row your arms or move your shoulder as you paddle]

Sec 7 : DL Grapevine, Touch, Paddle 1/4 L Turn

1-4 Step L to L, step R behind R, step L to L, touch R next to L
5&6&7&8 Weight on L, touch R to R making 1/4 turning L X 4 times [Full paddle turn L]
[Optional styling : Row your arms or move your shoulder as you paddle]

Sec 8 : Mambo Forward, Backward x 2

- 1 & 2 Step R forward, recover on L, step back on R
- 3 & 4 Step L backward, recover on R, step forward on L
- 5 & 6 Step R forward, recover on L, step back on R
- 7 & 8 Step L backward, recover on R, step forward on L





牆數:1

No Tag No Restart - just dance to the beat with energy !

*** Happy dancing ! ***

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