Me Against The Music



拍數: 64 牆數: 2 級數: Beginner - Bollywood

編舞者: Anthony Kusanagi (INA) - January 2016

音樂: Me Against the Music (Rishi Rich's Desi Kulcha Remix) (feat. Madonna) - Britney

Spears



Intro: start dancing after 72 counts since the music has begun.

I. OUT-IN STEP - MODIFIED OUT-IN STEP

4.0	D -4 f	alternation and the state of a last	l -4 f	
1-2	R step forward	diagonally to right	i sten forward dia	idonally to lett

3-4 R step backward diagonally inward, L step next to R

5-6 R step forward diagonally to right, L step forward diagonally to left 7-8 Turn 1/4 to left and R step backward (09.00), L step next to R

II. HIP UP AND DOWN

&1	R touch	slightly to side	on ball and R h	nip up, R hip down
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&2	R hip up, R hip down
&3	R hip up, R hip down
&4	R hip up, R hip down
&5	R hip up, R hip down
&6	R hip up, R hip down
&7	R hip up, R hip down
&8	R hip up, R hip down

III. PADDLE

1-2 R	t step to side, reco	ver to L
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3-4	Turn 1/4 to left and R step to side (06.00), recover to L
5-6	Turn 1/4 to left and R step to side (03.00), recover to L
7-8	Turn 1/4 to left and R step to side (12.00), recover to L

IV. OUT-OUT STEP - DOUBLE OUT STEP TO RIGHT - OUT-OUT STEP - DOUBLE OUT STEP TO LEFT

4.0	D (P 10 C)		6 1 12 11 6 1 66
1-2	R step slightly forward	diagonally to right 1 st	ep forward diagonally to left

3&4 R step outward, recover to L, R step outward

5-6 L step slightly forward diagonally to left, R step slightly forward diagonally to right

7&8 L step outward, recover to T, L step outward

V. HEEL - TOUCH - HEEL - CROSS - HEEL - TOUCH - HEEL - CROSS

1-2	R touch to side on heel. R touch next	to I
1-4	IN LOUGH TO SIDE OH HEEL. IN LOUGH HEAL	UL

3-4 R touch to side on heel, R cross slightly in front of L with a little jui

5-6 L touch to side on heel, L touch next to R

7-8 L touch to side on heel, L cross slightly in front of R with a little jump

VI. FORWARD MAMBO - INPLACE STEP - MODIFIED FORWARD MAMBO - INPLACE STEP

1-2	R step forward, recover to L
3-4	R step next to L, L step next to R
5-6	R step forward, recover to L

7-8 Turn 1/4 to right and R step to side (03.00), L step next to R

VII. HEEL - TOUCH - HEEL - CROSS - HEEL - TOUCH - HEEL - CROSS

1-2	R touch to side on heel, R touch next to L
· · -	TY todoit to side off ficel, I'v todoit fickt to E

3-4 R touch to side on heel, R cross slightly in front of L with a little jump

5-6 L touch to side on heel, L touch next to R

7-8 L touch to side on heel, L cross slightly in front of R with a little jump

VIII. FORWARD MAMBO - INPLACE STEP - MODIFIED FORWARD MAMBO - INPLACE STEP

1-2 R step forward, recover to L

3-4 R step next to L, L step next to R

5-6 R step forward, recover to L

7-8 Turn 1/4 to right and R step to side (06.00), L step next to R

TAG/RESTART: There is a Restart on wall 5th. Dance normally until count 46 (sec: 6, count:6) then do the change below for the Restart:

SECTION VI:

7-8 R step next to L, L step next to R (12.00)

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