

Oxygen

拍數: 32 牆數: 2 級數: Improver
編舞者: Bertha Arseneau (CAN) - August 2017
音樂: Don't Cha (Ralph's Hot Freak Radio Mix) - The Pussycat Dolls



[S.1] Shuffle step right, Hitch ½ turn right, Coaster step, Walks forward, Hitch (1- 8)

1&2 Step R.F. to right (1), step L.F. next to R.F. (&), step R.F. to right (2),
3 On ball of right foot while hitching left knee pivot ½ turn right (3), (6:00)
4&5 Step L.F. back (4), step R.F. back (&), step L.F. forward (5),
6,7,8 Walk R.F. forward (6), walk L.F. forward (7), hitch R. knee (8).

[S.2] Touch, Hitch, Touch, ¼ R Shuffle Fwd, Step Fwd, Step Fwd, Hitch to ½ turn left (9-16)

1,2,3 Touch R. toe back (1), hitch R. knee up (2), touch R. toe back (3),
4&5 To ¼ Step R.F. to right (4), step L.F. next to R.F. (&), step R.F. to right (5), (9:00)
6,7,8 Step LF fwd (6), step R.F. fwd (7), To ½ turn left hitch L. knee (8). (3:00)

[S.3] Shuffle step forward, full turn left forward for count 3,4, (option; walk forward for count 3,4) Shuffle step forward, Rock, recover (17-24)

1&2 Step L.F. forward (1), step R.F. slightly behind L.F. (&), step L.F. forward (2),
3,4 To ½ turn left step R.F. slightly forward (3), to ½ turn left step L.F. slightly forward (4),
(option; walk R.F. forward, walk L.F. forward for count 3,4)
5&6 Step R.F. forward (5), step L.F. slightly behind R.F. (&), step R.F. forward (6),
7,8 Rock L.F. forward (7), recover R.F. next to L.F. (8).

[S.4] Coaster step, Step pivot ¾ turn left, Shuffle step right, Step behind side cross (23-32)

1&2 Step L.F. back (1), step R.F. back (&), step L.F. forward (2),
3,4 Step R.F. forward (3), pivot ¾ turn left and step L.F. left (4),
5&6 Step R.F. to right (5), step L.F. next to R.F. (&), step R.F. to right (6),
7&8 Step L.F. behind R.F. (7), step R.F. to right (&), cross L.F. over R.F. (8).

START OVER

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Last Update – 19 Oct. 2023 – R1