

拍數: 32 牆數: 4 級數: Intermediate

編舞者: Hope Gray (USA) - August 2019 音樂: Dirty Work - Austin Mahone



INTRO: 16

TOE TOUCH, TOGETHER, TOE TOUCH, WEAVE (X2)

1&2. R- toe touch to R side, touch R together next to L, R- toe touch to R side

3&4. WEAVE to L, step R behind L, step L to L side, R cross over L

5&6. L- toe touch to L side, touch L together next to R, L- toe touch to L side

7&8. WEAVE to R, step L behind R, step R to R side, L cross over R

TRAVELING HIP BUMPS BACKWARDS X2, STEP, STEP, SAILOR-SCUFF-HITCH **HOLD** syncopated

1,2. R Step back, Hip bump (or grind)
3,4. L Step back, Hip bump (or grind)

5,6. R Step back (WALK), L Step back (WALK)

7&8& R sailor step, Step R back behind L, take weight onto R as L comes up off floor, L step down,

finish sailor step with a R heel SCUFF Forward, R Knee hitch ** HOLD**

(syncopated 7&8&)

STEP LOCK STEP, STEP LOCK STEP, ROCK RECOVER, SHUFFLE 1/2 TURN

1&2 R Step forward, L step forward & lock behind R (cross behind) take weight onto L

& R Step forward again

3&4 L Step forward, R step forward & lock behind L (cross behind) take weight onto R & L Step

forward again

5,6 R rock forward, recover L7&8 R shuffle around half to right

STEP 1/4 TURN, SLIDE TOGETHER & TOUCH, KICKBALL CROSS, UNWIND & GRIND

1&2. Step L forward with ¼ turn right, slide R together & TOUCH

3&4. R kickball-cross kick R forward bring back next to left and take weight onto right then cross L

over R

5,6,7&8. Unwind ½ to right and grind

!!REPEAT!!

My dancers love this one so I " Hope" you all do as well!! Dance away.