

Lipstick Powder And Paint

拍數: 32 牆數: 4 級數: Improver
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音樂: Lipstick Powder And Paint - Tom Principato



STOMP-KICK-POINT-HOLD, SAILOR STEP, QUARTER TURNING SAILOR STEP

1-2 Stomp right foot in place next to left, kick right foot to forward right diagonal
3-4 Point right foot out to right side, hold for one count
5&6 Step right behind left, step left to left side, step right slightly forward
7&8 Step left behind right starting to turn $\frac{1}{4}$ turn to left, step right to right side

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RIGHT SHUFFLE FORWARD, STEP $\frac{1}{2}$ PIVOT, $\frac{1}{4}$ TURNING JAZZ BOX WITH TOUCH

1&2 Step right forward, step together with left, step right forward
3-4 Step left forward, turn $\frac{1}{2}$ turn to right and transfer weight forward
5-6- Step left across and in front of right, step right slightly back and to the side starting $\frac{1}{4}$ turn to left
7-8 Step left to left side (completing $\frac{1}{4}$ turn), touch right next to left

OUT-OUT, HOLD, HIP BUMPS RIGHT-LEFT, KNEE SWIVELS OUT-IN-OUT-IN

&1-2 Step right out to right side, step left out to left side, hold for one count
3-4 Bump hips to right side, bump hips to left side
5-6-7-8 (With heel of right foot raised and the knee bent) swivel on the ball of the foot twisting the knee out, in, out, in

On counts 5 through 7 transfer the weight out onto the right foot and then back onto the left for count 8. If this is either difficult or painful, just swivel the knee with no weight.

REPEAT
