

# Not Nsync

拍數: 32      牆數: 2      級數: Improver  
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音樂: Dance & Shout - Shaggy



## KICK REPLACEMENTS, ½ TURN, RIGHT & LEFT SHUFFLES

- 1&      Point right foot forward, bring right foot home
- 2&      Point left foot forward, bring left foot home
- 3        Step right foot forward
- 4        Pivot ½ turn left
- 5&6     Step right foot forward, step left foot to right, step right foot forward
- 7&8     Step left foot forward, step right to left, step left foot forward

## ¼ TURN LEFT, SASSY WEIGHT CHANGES, ¼ TURN LEFT

- 1        Step right foot forward
- 2        Pivot ¼ turn left ending with weight on left
- 3        Step right to right side as you bring left foot to right
- 4        Step left to left side as you bring right foot to left
- 5        Lunge to right side turning towards left diagonal
- 6        Hold
- 7        Flex knees and extend right hip
- 8        Roll weight onto left as you extend left hip completing a ¼ turn to left

## FULL TURNING HITCH TURNS, SKATE, LEFT SIDE SHUFFLE, ¼ TURN LEFT

- &1      Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &2      Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &3      Hitch right knee across front, right toe touch as you pivot ¼ turn left
- &4      Hitch right knee across front, right toe touch as you pivot ¼ turn left
- 5        On ball of left foot swivel towards right diagonal as you step onto right
- 6        On ball of right foot swivel towards left diagonal as you step onto left
- 7        On ball of left foot swivel towards right diagonal as you step onto right
- 8&     Step left to left side, step right beside left
- 1        Step left to left side as you pivot ¼ turn left

## ½ TURN LEFT, SWEEP, LOCK STEP BACK, ¾ SWIVEL TURN

- 2        Step forward on right
- &        Pivot ½ turn left keeping weight on right
- 3        Sweep left foot from front towards back
- 4        Step back on left
- &        Cross right over left
- 5        Step back on left
- 6        Cross right foot over left
- 7        Swivel heels towards right
- &        Swivel heels towards left
- 8        Swivel heels towards right completing ¾ turn to left

REPEAT