

Not Your Average Girl

COPPERKNOB
STYLEDANCE

拍數: 64 牆數: 2 級數: Advanced
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音樂: Video - India.Arie



BEHIND - SIDE - ROCK - RECOVER, STEP RIGHT, ROCK - RECOVER, STEP LEFT, STEP RIGHT, BUMP BUMP

1&2& Step right behind left, step left to left side, rock right across left, recover back on left
3 Step right to right side
4& Rock left foot behind right, recover on right
5-6 Step left to left side (leading with hip), step right in place with hip lead
7-8 Bump hips left twice, taking weight on left

ROCK FORWARD-RECOVER, BACK-RECOVER, SCUFF-HITCH-TOUCH, GROOVE

1&2& Rock forward on right, recover on left, rock back on right, recover on left
3&4 Scuff right foot to the front, hitch right, touch right in front of left
5-8 Get groovy in place for four counts (shake shoulders, etc), ending with weight still left

PUSH RECOVER, ROCK RECOVER, PUSH RECOVER, ROCK RECOVER, SQUAT - UP RIGHT, SQUAT - UP LEFT

1& Lifting right hip slightly, rock on ball of right foot (at ~ 2:00), recover back on left
2& Dropping weight slightly, rock right behind left, recover on left
3& Lifting right hip slightly, rock on ball of right foot (at ~ 2:00), recover back on left
4& Dropping weight slightly, rock right behind left, recover on left
5-6 Step right out to right side and squat (weight split), stand up to right side with weight on right
7-8 Lower back into squat, stand up to left side with weight on left

SHUFFLE RIGHT, CROSS, UNWIND, PADDLE TURN TO CLOSE

1&2 Step right out to right side, step left next to right, step right out to right side
3-4 Cross left over right, unwind full turn to the right
5-6 Pushing with left foot, make ¼ turn right; repeat
7-8 Pushing with left foot, make ¼ turn right; making ¼ turn right step left next to right

SCUFF STEP, SCUFF STEP, SCUFF STEP, ROCK RECOVER, WALK BACK, BACK, BACK AND POSE

&1&2 Scuff right foot forward then step on right foot, scuff left foot forward then step on left foot
&3&4 Scuff right foot forward then step on right foot, rock left foot to the left side, recover on right
5-7 Step back on left, step back on right, step back on left
&8 Step back on right, touch left toe in front with right hand on hip while whipping head to right shoulder

STEP PIVOT, STEP PIVOT, ROCK-RECOVER-HITCH, TRAVELING VINE AND DRAG

1& Making ¼ turn right, step left forward (to 3:00), pivot ½ turn right onto right foot (to 9:00)
2& Step left forward (to 9:00), pivot ½ turn right onto right foot (to 3:00)
3&4 Rock left forward, recover back on right, hitch left foot up while scooting back on right
&5&6 Step left to left side (to 12:00), cross right over left, step left to left side, cross right behind left
&7-8 Step left to left side making ¼ turn left (to 12:00), step right out to right side, drag left to touch on 8

SHUFFLE LEFT, CROSS BEHIND, WIND UP, UNWIND, SPIN, OUT-OUT

1&2 Step left to left side, step right next to left, step left to left side
3-4 Step right foot behind left, wind full turn to the right (to 12:00)
5 Unwind ¾ to the left (weight on left)

6&7 Spin 1 $\frac{3}{4}$ turns (to 6:00)
&8 Step out on left, step out on right

BUMP LEFT, BUMP RIGHT, FIGURE 8 HIPS, SCUFF-STEP, SCUFF-STEP, RONDE

1&2& Bump hips twice to left (take weight on left), bump hips twice to right (take weight on right)
3&4 Make a figure 8 with hips (to the left around front of left hip to start)
&5&6 Scuff right foot forward, step on right, scuff left foot forward, step on left
&7-8 On "&", prepare for to the right full turn ronde with right leg on 7-8

REPEAT

RESTART

On the third time through, only do the first 32 counts, then begin again.
