

Poor Me

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Noel Castle (AUS)
音樂: Poor Me - Joe Diffie



SIDE, HOLD, & SIDE, CROSS - RECOVER, ¼ LEFT, TRIPLE ½ LEFT

1-2 Right side, hold
&3-4 Close left to right, step right side, rock left over right
5-6 Recover right, step left into ¼ left (9:00)
7&8 Triple step right-left-right making ½ turn left (3:00)

BACK, HOLD, & FORWARD, FORWARD - PIVOT ½ LEFT, KICK, SAILOR

1-2 Left back, hold,
&3-4 Close right to left, left forward, (keep left foot on the floor) right forward
5-6 Weight on balls of feet, pivot smoothly making ½ left (weight right), kick left low side (9:00)
7&8 Swing left behind right, right small step side, left side

HIP BUMPS, ½ LEFT & BUMP HIPS, ¼ LEFT & BUMP HIPS, ½ LEFT & BUMP HIPS

1&2 Small step right forward & bump hips right-left-right
3&4 ½ left with small step left forward & bump hips left-right-left (3:00)
5&6 ¼ left with small step right side & bump hips right-left-right (12:00)
7&8 ½ left with small step left side & bump hips left-right-left (6:00)

CROSS SHUFFLE, ROCK & CROSS - KICK & CROSS, SIDE, HOLD, TOGETHER

1&2 Cross right over left, left side, cross right over left
3&4 Rock left side, recover right, cross left over right
5&6 Kick right forward, right back, cross left over right
7-8& Right side, hold, close left to right

REPEAT
