

Que Lastima

拍數: 64 牆數: 0 級數:
編舞者: Michelle Jackson (USA)
音樂: Ain't It Funny - Jennifer Lopez



STEP SLIDE HITCHES, ¼ LEFT TURNS

1 Step forward on right foot, slide left foot back
& Left knee hitch forward with little bounce on right foot
2 Step forward on left foot, slide right foot back
& Right knee hitch forward with little bounce on left foot
3 Step forward on right foot, slide left foot back
& Left knee hitch forward with little bounce on right foot
4 Step forward on left foot, slide right foot back
5-8 ¼ turns left with right hip bumps & right knee hitches

On counts 5-8 right foot stays off floor. Right hand stays on right knee. Left hand stays on back of left ear.

STEP SLIDE HITCHES ¼ RIGHT TURNS

9 Point right foot back
& Right knee hitch forward with little bounce on left
10 Step forward on right foot, slide right foot back
& Left knee hitch forward with little bounce on right
11 Step forward on right foot, slide left foot back
& Right knee hitch forward with little bounce of left
12 Step forward on right foot, slide right foot back
13-16 ¼ turns right with left hip bumps & left knee hitches

On counts 13-16 left foot stays off floor. Left hand stays on left knee. Right hand stays on back of right ear.

TOUCH, TOUCH, ½ TURN LEFT, TRIPLE STEP

17-18 Touch left toe forward, touch left toe side
19&20 Step right left right while turning left ½ turn

TOUCH, TOUCH, ½ TURN RIGHT, TRIPLE STEP

21&22 Touch right toe forward, touch right toe side
23&24 Step left right left while turning right ½ turn

SASSY WALKS, LOCKING LEFT SHUFFLE

25-26 Walk forward left crossing over right, walk forward right crossing left
27&28 Step left forward, slide lock right behind left, step left forward

FULL SPIRAL FORWARD, LOCKING LEFT SHUFFLE

29-30 Cross right over left, unwind full turn, weight onto right
31&32 Step left forward, slide lock right behind left, step left forward

ROCK RECOVER, REVERSE, LOCKING RIGHT SHUFFLE

33-34 Rock right forward recover onto left
35&36 Step right back, cross left over right, step back onto right

REVERSE LOCKING LEFT SHUFFLE, OUT-OUT, CLAP

37&38 Step back left, cross right over left, step back onto left
&39-40 Step out right, out left, clap & hold

BODY ROLL TO KNEE BEND, REVERSE

41-42 Slow body roll down to knee bend
43-44 Slow body roll up, weight on left

HEAD, TOUCH, HOLD, CROSS ARMS TO WAIST, HOLD

45-46 Touch hands on top of head, hold
47-48 Cross arms on waist, hold

SASSY WALKS, SIDE STEP, BODY ROLL

49-50 Step right over left, step left over right
51-52 Step right to right side with reverse body roll, weight on left

Hands remain crossed on waist

½ TURN LEFT, ¼ TURN LEFT, HITCH RIGHT, ¼ TURN, SLIDE

53-54 Pivot left ½ turn, point right to right side, pivot left ¼ turn point, right to right side
&55-56 Hitch right knee ¼ turn left, step right to right side, drag left foot to shoulder length apart from right foot, (weight on right, left foot 45 deg left)

BODY ROLL, TO KNEE BEND, REVERSE

57-58 Slow body roll down to knee bend
59-60 Slow body roll up, weight on right

SAMBA ROLL ¾ LEFT

61&62& Step left ¼ turn to left, step right, step left ¼ turn to left, step right
63&64 Step left ¼ turn to left, step right, step left forward

On counts 61-64, hand movements start by taking right hand & circling it to the left around head for 61& 62. Complete circle in front of chest for 62&63.

REPEAT

TAG

On the 4th wall do the first 32 counts. Then pick up at count 47 with the cross arms at waist & hold.
