

Safe Sex

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Roger "T" Tillman (USA)
音樂: Keep Your Hands to Yourself - Hank Williams, Jr.



WALK & KICK, WALK & HITCH

- 1 Step forward on right foot
- 2 Step forward on left foot
- 3 Step forward on right foot
- 4 Kick left foot forward
- 5 Step back on left foot
- 6 Step back on right foot
- 7 Step back on left foot
- 8 Hitch right knee

FORWARD & TURN, BACKWARDS & TURN

- 9 Step forward on right foot
- 10 Step forward on left foot
- 11 Step forward on right with $\frac{1}{4}$ turn to right
- 12 Kick left foot forward
- 13 Step backwards on left foot
- 14 Step backwards on right foot
- 15 Step backwards on left foot with $\frac{1}{4}$ turn to left
- 16 Touch ball of right foot beside left foot

GRAPEVINE & HIP PUSHES

- 17 Step right on right foot
 - 18 Cross left foot behind right
 - 19 Step right on right foot, toe at 45 degree angle to right
 - 20 Step left foot beside right; do one forward hip push
 - 21 Rotating on heels, turn toes 45 degrees to left
 - 22 One forward hip push
 - 23 Rotating on heels, turn toes 45 degrees to right
 - 24 One forward hip push
 - 25 Rotating on heels, turn toes 45 degrees to left
 - 26 One forward hip push
 - 27 Hold
 - 28 One forward hip push
 - 29 Rotating on heels, turn toes 45 degrees to left
 - 30 One forward hip push
 - 31 Pause
 - 32 One forward hip push
- 33-34 Jazz box with turn & hip bumps
- 33 Cross left foot over right
 - 34 Step back on right foot
 - 35 Step left on left foot with $\frac{1}{4}$ turn left
 - 36 Stomp right foot beside left
 - 37-42 Three hip rotations from left to right (2 counts each)
 - 43-44 Two hip bumps forward

REPEAT
