

Singleton

拍數: 72 牆數: 4 級數: Intermediate
編舞者: Lady Lee (UK)
音樂: Single - Natasha Bedingfield



OUT, IN, OUT, CROSS SHUFFLE, TURN, TURN, KICK & CROSS

1&2 Touch right to right side, touch right next to left, touch right to right side
3&4 Cross right over left, step left to left, cross right over left
5-6 Step back on left making $\frac{1}{4}$ turn right, step forward on right making a $\frac{1}{4}$ turn right
7&8 Kick left forward, bring left back to place, cross right over left

TOUCH, KICK, COASTER $\frac{1}{4}$ TURN, POINT, HITCH $\frac{1}{4}$ TURN, STEP, SIT DOWN, STAND UP

1-2 Touch left diagonally forward-dipping body downwards-bending right knee, kick left forward-straightening body up
3&4 Step left behind right, step on right making a $\frac{1}{4}$ turn left, place left next to right
5&6 Point right to right, hitch right knee making a $\frac{1}{4}$ turn left, step right in front of left
7&8 Pushing bottom out-as if to sit down, then straighten body up

& WALK, WALK, KICK, TURN $\frac{1}{4}$ LEFT, BUMP, BUMP, CROSS, BACK, SIDE

&1-2 Bring right back to place, step forward left, step forward right
3-4 Kick left forward, step left to left side as you make a $\frac{1}{4}$ turn left
5-6 Bump hips left, bump hips right
7&8 Cross left over right, step right to right side making a $\frac{1}{4}$ turn left, step left next to right

RIGHT SHUFFLE, FULL TURN RIGHT, POINT, CROSS, UNWIND $\frac{3}{4}$, HOLD

1&2 Step forward right, step left behind right, step forward right
3-4 Step forward left making $\frac{1}{2}$ turn right, step forward right making $\frac{1}{2}$ turn right
5-6 Point left to left side, cross left over right
7-8 Unwind $\frac{3}{4}$ turn right, hold

RIGHT SHUFFLE, ROCK STEP, TURN $\frac{1}{2}$, TURN $\frac{1}{2}$, COASTER $\frac{1}{4}$ TURN LEFT

1&2 Step right forward, step left behind right, step right forward
3-4 Rock forward on left, recover weight onto right
5-6 Step left forward making $\frac{1}{2}$ turn over left shoulder, step right back making $\frac{1}{2}$ turn over left shoulder
7&8 Step left behind right, step right next to left making a $\frac{1}{4}$ turn left, step left next to right

STEP, TOUCH, STEP, TOUCH, KICK BALL STEP, SIT DOWN, STAND UP

1-2 Step forward diagonally right, slide left to right & touch left next to right
3-4 Step forward diagonally left, slide right to left & touch right next to left
5&6 Kick right forward, place right next to left, step forward on left
7&8 Pushing bottom out-as if to sit down, then straighten body up

TRIPLE $\frac{3}{4}$ TURN LEFT, KICK, STEP BACK LEFT, RIGHT, KICK & KICK & STEP, TOUCH

1&2 Triple $\frac{3}{4}$ turn over left shoulder on right, left, right
3&4 Kick left forward, step back on left, step back right
5&6 Kick right forward, bring right back to place, kick left forward
&7-8 Bring left back to place, step long step to right with right, slide & touch left next to right

KICK BALL STEP, KICK $\frac{1}{2}$ TURN LEFT, STEP, KICK & KICK & STEP, STEP

1&2 Kick left forward, place left next to right, step forward on right
3&4 Kick left forward, $\frac{1}{2}$ turn over left shoulder, place left next to right

5&6 Kick right forward, place right next to left, kick left forward
&7-8 Bring left back to place, step long step to right with right, slide & place left next to right

**BUMP HIPS RIGHT, LEFT, RIGHT, BUMP HIPS LEFT, RIGHT, LEFT, SAILOR ½ TURN RIGHT, LEFT
COASTER STEP**

1&2 Stepping slightly forward on right bump hips right, left, right

3&4 Stepping slightly forward on left bump hips left, right, left

5&6 Step right behind left, place left next to right making ½ turn over right shoulder, place right next to left

7&8 Step back on left, step back on right, step forward on left

REPEAT
