So Conspicuous!

拍數: 32   牆數: 4   級數: Intermediate

編舞者: Sarah-Michelle Rowlands (UK) & Stacie White (UK)

音樂: Yeah! (feat. Lil Jon & Ludacris) - Usher

½ MONTEREY, BALL CHANGE STEP FORWARD, ROCK STEP, HEEL TWISTS

1-2	Point right to right side, bring in as you turn ½ over right shoulder
&3-4	Ball change, putting weight onto left (&) big step forward with right, touch left next to right
5&6	Rock forward with left, recover, step back left
&7-8	Twist both heels out, then in, touch right foot next to left

SIDE BEHIND AND CROSS, HEEL BOUNCE, KNEE ROLL STEP, POINT HITCH TURN ¼

1&2&3	Step right to right side, step left crossed behind, hold count 2, step right to right side, cross left over right
&4	Lift both heels up, lower heels down, popping knees
5&6&7	Step right to right side, turn knee outwards, pressing into ball of foot, hold count 6, push off stepping right behind left, point left to left side
&8	Hitch left knee up turning ¼ to right, replace right next to left

This section is danced mainly to the underbeat so the counts may seem weird at first, but you can hear it when danced with the music

JUMP OUT BODY ROLL UP, CROSS ¾ TURN STEP, STEP BEND KICK TURNING ¼

1-4	Jump both feet apart bending knees, body roll up, right, left, close right to left
&5-6	Step right to right side turning ¼ left, cross left behind, unwind ½ turn
&7&8	Step left foot to left side, step right foot to right side, bend both knees leaning to right slightly, kick left foot forward as you turn ¼ left

TOE STRUTS FORWARD, WALKS BACK WITH SHIMMY

1-4	Toe strut forward left, toe strut forward right
5-8	Walk back left, right, left touch right next to left while shimmying shoulders

REPEAT

TAG
After walls 3 and 6, but can also be danced before the dance begins (16 counts) into the song!
STEPPING OUT, OUT, IN, IN ¼ TURNS

1-4	Step forward and out right, step forward and out left, step right center, step left center
5-8	Step forward right foot, pivot ¼ turn replacing weight onto left, repeat
9-16	Repeat 1-8