

Still Dirty

拍數: 48 牆數: 4 級數: Intermediate
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音樂: Still Dirty - Christina Aguilera



Count In: 8 counts (start with feet shoulder width apart)

KNEE POPS, JUMP APART, HITCH & TOUCH, SWEEP BALL CROSS

1& Pop right knee lifting right heel, pop left knee lifting left heel
2-3 Drop both heels down, pushing hips forward, hold
&4 Jump back slightly, stepping right to right side and left to left side
5&6 Hitch right, step down on right, touch left in front of right (keeping left leg straight)
7 Sweep left behind right (keeping left leg straight)
&8 Step down on left, step right across left

ROCK & CROSS, CROSS ¼ TURN, RIGHT COASTER, ROCK & KICK

1& Rock left to left side, recover weight to right
2 Step left across right kicking right out to right side
3-4 Step right across left, turn ¼ right stepping back on left
5&6 Step back on right, step left next to right, step forward on right
7&8 Rock forward on left, recover weight to right, step left next to right kicking right forward

ROCK STEPS, TOUCH RIGHT ½ TURN, SCUFF OUT OUT, KNEE POPS, TURN, STEP

1& Step back on right lifting left, recover/rock weight forward on left lifting right
2 Recover/rock weight back on right lifting left
3-4 Step back on left, touch right toe back
5 Keeping weight on left, turn ½ turn right scuffing right forward
&6 Step right to right side, step left to left side
&7 Pop right knee in towards left knee, pop right knee out transferring weight to right
&8 Turn ¼ right flicking left foot back, step left next to right

HIP SWAYS, BALL CROSS, ¼ TURN, SIDE & CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT

1&2 Small step right to right side swaying hips right, then left, long step right to right side
3&4 Hold, step left next to right, step right across left
5&6 Turn ¼ right stepping back on left, step right to right side, step left across right
7 Turn ¼ right stepping forward on right
8 Turn ¼ right stepping left foot to left side

TOUCH STEP, TOUCH STEP, TOUCH RIGHT SHUFFLE, STEP ½ TURN STEP, FULL TURN

&1 Touch right next to left, step right diagonally forward right
&2 Touch left next to right, step left diagonally forward left
&3& Touch right next to left, step forward on right, step left next to right
4 Step forward on right
5&6 Step forward on left, pivot ½ turn right, step forward on left
7-8 Turn ½ left stepping back on right, turn ½ left stepping forward on left

RIGHT SHUFFLE, KICK TURN POINT, ¼ TURN, ½ TURN, KICK OUT OUT

1&2 Step forward on right, step left next to right, step forward on right
3&4 Kick left forward, turn ¼ left stepping left to left side, point right toe to right side
5-6 Turn ¼ right stepping forward on right, turn ½ right stepping back on left
7 Kick right forward

&8

Step right to right side, step left to left side (shoulder width apart)

REPEAT
