

# X-Citation

拍數: 32      牆數: 2      級數: Improver contra dance  
編舞者: Donald E. Kaneski (USA)  
音樂: Some Kind of Trouble - Tanya Tucker



## X FILE

- 1-2      Push right hip and step right foot forward, push left hip diagonal back over left foot
- 3-4      Push hips side right behind right foot, push left hip and step left foot forward
- 5-6      Push right hip diagonal back over right foot, push hips side left behind left foot
- 7-8      Push right hip and step right foot forward, push left hip diagonal back over left foot

## RIGHT SHUFFLE TURN AND HIP THRUSTS

- 1      Step right foot back beginning ½ turn right (1),
- &2      Step left foot next to right (&) step right foot forward completing ½ turn (2)
- 3      Step rock left foot forward
- 4      Rock back on right foot bending forward at waist extending butt backwards and hands forward
- 5      Thrust hips forward while bringing hands in,
- 6      Thrust hips back extending hands forward
- 7&      Hold (7), thrust hips forward while bringing hands in (&),
- 8      Thrust hips back extending hands forward (8)

## LEFT SHUFFLE TURN AND HIP THRUSTS

- 1      Step left foot back beginning ½ turn left (1),
- &2      Step right foot next to left (&), step left foot forward completing ½ turn
- 3      Step rock right foot forward,
- 4      Rock back on left foot bending forward at waist extending butt backwards and hands forward
- 5      Thrust hips forward while bringing hands in,
- 6      Thrust hips back extending hands forward
- 7&      Hold (7), thrust hips forward while bringing hand in (&),
- 8      Thrush hips back extending hands forward (8)

## STEP TURNS AND JAZZ BOX

- 1      While still bending forward slightly at waist with butt sticking out turn ¼ left on balls of feet,
- 2      Step left foot in place while raising body up from waist
- 3-4      Step right foot forward turn ¼ turn left, step left foot in place
- 5-6      Step right foot over left, step back on left foot
- 7-8      Step right foot side right, step left foot forward

## REPEAT

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