

Intuition

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: Tina Riley (USA)
音樂: Intuition - Jewel



Sequence: AAB, AB, AC, AC, AC

PART A

STEP SLIDE FORWARD RIGHT SHUFFLE, STEP SLIDE FORWARD RIGHT SHUFFLE:

- 1-2 Step forward on right foot, slide left foot behind right foot
3&4 (Shuffle step) step slight forward on right, step left next to right, step forward right (leaving weight on right foot)
5-6 Step forward on left foot, slide right foot behind left foot
7&8 (Shuffle step) step slightly forward on left, step right next to left, step forward left (leaving weight on left foot)

ROCK BACK AT ANGLE, SHUFFLE TO RIGHT, ROCK BACK AT ANGLE SHUFFLE TO LEFT WITH ½ TURN RIGHT

- 1-2 Rock back on right at slight angle behind left, rock forward onto left foot
3&4 (Shuffle step) step side right, step left next to right, step side right
5-6 Rock back on left at slight angle behind right, rock forward onto right starting your ½ turn right
7&8 (Shuffle step, finishing your ½ turn) step side left, step right next to left, step left (weight on left)

ROCK BACK FORWARD TRIPLE ½ TURN LEFT, ROCK BACK FORWARD TRIPLE ¼ TURN RIGHT

- 1-2 Rock back with right, rock forward with left starting your ½ turn left
3&4 (Triple in place) step back right, step left next to right, step back right again (weight should be on right)
5-6 Rock back with left, rock forward with right starting your ¼ turn right
7&8 (Triple in place) step side left, step right next to left, step left next to right (weight should be on left)

½ GRAPEVINE, TRIPLE IN PLACE, ½ PIVOT RIGHT, ½ PIVOT RIGHT

- 1-2 Step side right, step left behind right
3&4 (Triple in place) step right, step left next to right, step right (weight on right)
5-6 Step forward left, ½ pivot turn right (weight on right)
7-8 Step forward left, ½ pivot turn right (weight on right)

½ GRAPEVINE, TRIPLE IN PLACE, ½ PIVOT LEFT, ½ PIVOT LEFT

- 1-2 Step side left, step right behind left
3&4 (Triple in place) step left, step right next to left, step left (weight on left)
5-6 Step forward right, ½ pivot turn left (weight on left)
7-8 Step forward right, ½ pivot turn left (weight on left)

RIGHT HIP BUMP RIGHT STEP, LEFT HIP BUMP RIGHT STEP, RIGHT HIP BUMP RIGHT STEP, LEFT HIP BUMP RIGHT STEP:

With each step you take, bump your hip as count 1,3,5,7 the & count is 1 hip motion back, 2,4,6,8 is the hip motion forward

- 1&2 Step right foot forward and bump hips right/left/right
3&4 Step left foot forward and bump hips left/right/left
5&6 Step right foot forward and bump hips right/left/right
7&8 Step left foot forward and bump hips left/right/left (weight ending on left)

PART B

SAILOR SHUFFLE, SAILOR SHUFFLE WITH ¼ TURN LEFT, 2 KICK BALL CHANGE

- 1&2 Step right foot behind left slightly, step out with left foot side left, step out to right side with right foot (weight should end on right foot)
- 3&4 Step left foot behind right slightly starting ¼ left, step forward with right, step forward with left stepping next to right (weight remains on left)
- 5&6 Kick right foot forward (below the knee), step back down on right, step left next to right
- 7&8 Kick right foot forward (below the knee), step back down on right, step left next to right (weight ends on left)

DIAGONAL STEP-SLIDES, ¼ TURN TO LEFT WITH BODY ROLL

- 1-2 Step forward with right at 45 degrees, slide left foot next to right
- 3-4 Step forward with right at 45 degrees, slide left foot next to right
- 5-6 Step forward with right foot, roll your hips to the right as you start a slight turn to the left
- 7-8 Step forward with right foot, roll your hips to the right as you finish off your ¼ turn to the left (weight ends on left)

SEXY WALK WITH SHUFFLE STEPS, SEXY WALK WITH SHUFFLE STEPS AND ½ TURN RIGHT

For sexy walks on counts 1-2 & 5-6 you sway your hips

- 1-2 Step forward onto right, step forward onto left
- 3&4 (Shuffle step) step forward right, step left foot next to right, and step forward right
- 5-6 Step forward onto left, step forward onto right
- 7&8 (Shuffle step) step forward left, step right foot next to left starting your ½ pivot right, step left foot next to right as you complete your ½ pivot turn (weight ends on left)

RIGHT SHUFFLE, LEFT SHUFFLE, 3 STEPS, 3 HIP BUMPS

- 1&2 (Shuffle step) step forward right, step left foot next to right, and step forward right
- 3&4 (Shuffle step) step forward left, step right foot next to left, step forward left
- 5&6 Step forward right, quick step forward left, step forward right
- 7&8 Bump hips left, right, left (weight ending on left)

PART C

SAILOR SHUFFLE, SAILOR SHUFFLE WITH ¼ TURN LEFT, 2 KICK BALL CHANGE

- 1&2 Step right foot behind left slightly, step out with left foot side left, step out to right side with right foot (weight should end on right foot)
- 3&4 Step left foot behind right slightly starting ¼ left, step forward with right, step forward with left stepping next to right (weight remains on left)
- 5&6 Kick right foot forward (below the knee), step back down on right, step left next to right
- 7&8 Kick right foot forward (below the knee), step back down on right, step left next to right (weight ends on left)

DIAGONAL STEP-SLIDES, ¼ TURN TO LEFT WITH BODY ROLL

- 1-2 Step forward with right at 45 degrees, slide left foot next to right
- 3-4 Step forward with right at 45 degrees, slide left foot next to right
- 5-6 Step forward with right foot, roll your hips to the right as you start a slight turn to the left
- 7-8 Step forward with right foot, roll your hips to the right as you finish off your ¼ turn to the left (weight ends on left)
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