

How Dirty Can You Be

拍數: 32 牆數: 4 級數: Advanced hip hop
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音樂: Dirty - Christina Aguilera



ARM PULL, TOUCH-N-STEP, TWO BODY ROLLS WITH A TURN

- 1&2 Punch right arm down across body to left, place left hand on top of right elbow, pull right arm up to right/left arm down to left while quickly sliding feet together
- 3&4& Touch right toe forward, step right next to left, touch left forward, step down left
- 5-6 Body roll from top to bottom over 2 counts while stepping forward right, then sliding left next to right
- 7-8 Repeat 5-6. On count 8 make $\frac{1}{4}$ turn left - weight to both feet

STICK-IT-OUT, WALK/PELVIC THRUSTS, STEP, STEP, TOUCH-N-SLIDE

- 9-10-11-12 Stick butt out to rear, roll arms over each other while pushing groin forward and stepping forward left, right, left
- 13-14 Step right out/forward, step left out/forward
- 15&16 Touch right to right side, touch right next to left, lunge right to right side while sliding left next to right - weight to both feet

HEEL-SWITCH TURN, HEAD/BODY TURN, WALK, BODY ROLL TURN

- 17&18 Shift heels to right, left, right while turning body (not head) $\frac{1}{8}$ to left
- 19-20 Turn head $\frac{1}{4}$ to left, turn body $\frac{1}{8}$ left to match head

You should be facing 6:00 from original wall

- &21-22 Step back left, step forward right, left
- 23-24 Step forward right placing hands on chest elbows out to sides, make $\frac{1}{2}$ turn on right foot while lowering body

For counts 23-24 you also do a body roll from top to bottom

STEP, STEP, STEP, SLIDE, "MOONWALK TURN", HEAD

- 25-26-27 Step forward left, right, left
- 28 Lower body onto right foot while sliding right hand down onto right hip and turning head $\frac{1}{4}$ right
- 29-30-31 Slide left forward with heel raised, lower left heel while sliding right forward with heel raised then lower and make $\frac{1}{4}$ turn left, step/slide left to left side raising/lowering heel as before

For counts 29-31, keep head facing to right side

- 32 Snap turn head forward

REPEAT
