

# How Dirrty Can You Be

拍數: 32      牆數: 4      級數: Advanced hip hop  
編舞者: Joachim Armbruster (DE) & Roy Hadisubroto (IRE)  
音樂: Dirrty - 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**