

Glamorous

拍數: 64 牆數: 4 級數: Advanced
編舞者: Tom Clemons (USA)
音樂: Glamorous - Fergie



Start dance 16 counts in (start counting when the guy speaks) "If you ain't got no money"

INTRO

- 1-2-3-4 Toe press right pull foot back, toe press left pull foot back
5&6 Kick right over left $\frac{1}{4}$ turn point left foot
7-8 Drag left foot in, change weight to left
- 1-2-3-4 Toe press right pull foot back, toe press left pull foot back
5&6 Kick right over left $\frac{1}{4}$ turn point left foot
7-8 Step on left foot, point right foot
- &1 Rock out right foot cross over left
2-3 Sweep left foot around and across right
4 Hold
5-6 Drag left foot
&7 Step out right and left foot in a stance
&8 Slight bend right knee in roll out push up on toes and back to stance
- 1-2-3-4 Toe press right pull foot back, toe press left pull foot back
5&6 Kick right over left $\frac{1}{4}$ turn point left foot
7-8 Kick left foot up behind (flick), $\frac{1}{4}$ turn step on left foot on (12:00)

THE MAIN DANCE

- 1-2-3&4 Walk right walk left, tap right behind left (west coast style), put weight on right foot on
5-6 Step back on left, drag right foot on
&7 Step back on right, change weight to left
8 $\frac{1}{4}$ turn cross right over left
- 1-2-3-4 Sweep left across right foot, drag left foot
&5-6 Step back on left change weight to right foot, $\frac{1}{4}$ turn, cross left over right foot, put weight on left foot
7-8 Point right foot, hold
- &1 Change weight to right foot cross left over right foot
2 Step out right foot to the side shift weight to right
3&4 Step left foot behind right shifting weight to left
5&6 Right behind left, step out left step $\frac{1}{4}$ turn right beside left
7-8 Toe press left, hitch left on
- 1-2-3 Kick left foot back from hitch position $\frac{1}{2}$ turn step down on left foot
4-5-6 Touch right toe forward, touch right toe behind, $\frac{1}{2}$ turn
7&8 Coaster step right
- &1-2-3-4 Shift weight to left step forward on right, kick left toe forward keep left in air $\frac{1}{2}$ turn on, step forward onto left foot
5&6 $\frac{1}{4}$ turn point right toe out shift point left toe

- 7&8 Left knee in toward right knee push left knee out, $\frac{1}{4}$ turn step down left
- 1&2 Kick right foot forward $\frac{1}{4}$ turn shift weight to right, point left toe
- 3&4 Left knee in toward right knee push left knee out, $\frac{1}{4}$ turn step down left
- 5-6 Press forward on left toe (shoulders forward) shift weight back left heel (shoulders back)
- 7&8 Kick right foot forward $\frac{1}{4}$ turn shift weight to right, point left toe
- 1&2 Left knee in toward right knee push left knee out, $\frac{1}{4}$ turn step down left
- 3-4 Press forward on left toe (shoulders forward) shift weight back left heel (shoulders back)
- 5&6 Kick right foot forward $\frac{1}{4}$ turn shift weight to right, point left toe
- 7&8 Left knee in toward right knee push left knee out, $\frac{1}{4}$ turn step down left
- 1&2 Kick right foot forward $\frac{1}{4}$ turn shift weight to right, point left toe
- 3&4 Left knee in toward right knee push left knee out, $\frac{1}{4}$ turn step down left
- 5 Step forward
- 6-7-8 Kick left toe forward, keep left in air $\frac{1}{2}$ turn on, step forward onto left foot

REPEAT
