

Forbidden

拍數: 32 牆數: 4 級數: Intermediate/Advanced
編舞者: Shaun Maguire (USA)
音樂: Forbidden Fruit - Jessica Simpson



Sequence: AAA, T1, AAAA, T2, AAA

POINT, FULL TURN, ROCK AND HITCH, ROLL, BUMP HIPS X3

1 Point right to right side
2 Full turn right
3 Rock left to left
& Recover to right
4 Hitch left across right
5 Touch left to left side
6 Roll hips right to left
7&8 Bump hips right, left, right

COASTER, HITCH, PUSH STEP, TOUCH ¼ TURN KNEE ROLL, BUMP HIPS X3

1&2 Coaster step left, right, left, making a ¼ turn left on first step
3 Hitch right next to left
4 Push with left as you step right back
5 Touch left back
6 ¼ turn left with a knee roll
7&8 Bump hips right, left, right

KICK, TOUCH, SIDE BODY ROLL, SAILOR STEP, ¾ SWEEP, STEP

1 Kick left forward
2 Touch left back
3&4 Side body roll making a ½ turn left
5&6 ½ turn sailor step left, right, left
7&8 Scuff right, hitch ½ turn left, step right

HIP, HITCH ¼, STEP, CROSS RECOVER, PUSH STEP, TOUCH ¼ TURN KNEE ROLL, KNEE ROLL X2, HEAD DOWN, STEP

& Bump left hip
1 Hitch left, with a ¼ turn right
2 Step down on left
3 Cross right over left
& Recover to right
4 Pushing with the left step back on the right, making a ¼ turn left
5 Touch left back
6 ¼ turn left with a knee roll
7& Roll right knee, roll left knee
8 Put head down and hitting legs
& Step left next to right to

REPEAT

TAG 1

1st set of eight and add a

& Step left next to right
1 Point right to right side

2 Hold.
& Step left next to left side

TAG 2

First 20 count and the last step of the dance
