

# Don't Cha

拍數: 0      牆數: 2      級數: Intermediate/Advanced  
編舞者: Alice Lim (SG)  
音樂: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



Sequence: AAAB; AAB; AAB (B is always done at back wall)

## PART A

### KNEE POPS, STEP TOUCH, CROSS UNWIND TWICE

- 1&2      Touch right toe near left popping right knee in, step right in place, touch left toe near right popping left knee in
- 3      Step left to side as you move left hand from right ear to back of head ending behind left ear
- 4      Touch right beside left dropping left arm
- 5-6      Cross right over left, unwind ½ turn left (hands on hips while crossing & unwinding)
- 7-8      Cross right over left, unwind ½ turn left (hands on hips while crossing & unwinding))

#### Optional arm movements

- 5-8      Swing both arms above head 1 & ½ circles to the left

### SHIMMIES, LUNGE STEP, HIP BUMPS

- 1&2      Step right diagonally forward bending body slightly forward & pop shoulders forward left-right-left
- &      Transfer weight to left foot straightening body & pop right shoulder forward
- 3&4      Pop shoulders forward left-right-left
- 5      Lunge to right as you move left hand from right ear to back of head ending behind left ear
- 6      Step left together dropping left arm
- 7&8      Look left as you bump hips twice to left side

Place right hand with fingers pointing back over right ear and left hand on hips while bumping 7&8

### HIP ROLLS, OUT OUT, IN IN

- 1-4      Touch right ball forward, roll hips to the left as you ¼ turn left, repeat for 3-4 (6:00)

Hands stay on hips throughout the 4 counts

- 5-6      Step right diagonally forward, step left diagonally forward (feet are now apart)
- 7-8      Step back on right, step left together

#### Optional arm movements:

- 5      Raise right arm with elbow bent so that right palm is facing 3:00 & at same time place left arm horizontally across stomach so that left palm is facing the floor & fingers are beside right elbow (right & left arms form left shape)
- 6      Raise left hand up & at same time place right arm horizontally across stomach (arms form left shape)
- 7      Cross arms over chest (left over right)
- 8      Slap hands lightly on thighs

### & OPEN, SQUAT, BEND, FLIP, RAISE, PELVIS, KNEES, BUTT

- &1      Step right to side, step left to side so that legs are open (shoulder width apart)
- 2      Bend knees to squat & place hands lightly on knees keeping upper body upright, head looking forward
- 3      Push buttocks back straightening knees so as to bend body forward at ¼ turn angle to legs (back is straight, head bent and hair hanging down towards floor)
- 4      Flip hair up ending with head looking forward and chin up (body is still bent forward & hands still on knees)
- 5-6      Slowly raise upper body to upright position while sliding hands up, thighs over 2 counts ending at front of thigh joints

- 7 Move pelvis forward so that butt is in and at the same time move shoulders forward so that chest is also in
- & Bend knees slightly
- 8 Keeping knees bent, push buttocks back so butt is out and at the same time push shoulders back so that chest is also out

**Hands will slide to respective sides of pelvis when you push shoulders back**

**5-8 are continuous movements. So don't pause between moves**

## **PART B**

### **FIST ROLLS, STEP CLOSE OPEN CLOSE OPEN TRAVELING LEFT**

- 1&2 ¼ Turn right to face 9:00 & roll fists outward one over the other in front of body
- 3&4 Pivot ½ turn left to face 3:00 & roll fists in front of body
- 5-8 Step right together, left to side, right together, left together traveling left towards 3:00 - move your hips

**While traveling keep head turned left towards 3:00 but body & toes face 4:30**

**Arm movements:**

- 5-8 Place left hand on left hip and wave right hand near right side of neck gesturing you feel "hot" - position right hand with fingers open in the shape of fan near right side of neck & wave in i.e. towards body(5), then out i.e. Away from body(6), then in(7), then out(8)

### **FIST ROLLS, STEP CLOSE OPEN CLOSE OPEN TRAVELING RIGHT**

- 9&10 Keeping weight on left leg, turn body to face 3:00 & roll fists in front of body
- 11&12 Pivot ½ turn right to face 9:00 & roll fists in front of body
- 13-16 Step left together, right to side, left together, right to side traveling right towards 9:00 - move your hips

**While traveling, keep hands on hips and head turned right towards 9:00 but body & toes face 7:30**

**Optional arm movements:**

- 13-16 Place left hand with fingers pointing back over left ear while right hand is on right hip throughout the 4 counts

### **HIP BUMPS TRAVELING FORWARD, STEP PIVOT, STEP STEP**

- 17&8 Step left forward to bump hips left twice
- 19&20 Step right forward to bump hips right twice
- 21-22 Step left forward, pivot ½ turn right stepping right forward (12:00)
- 23 Big step to left side pushing right palm out to side (elbow straight & palm facing side wall)
- 24 Step right together dropping right arm to side

### **CHEST/BUTT OUT, IN, OUT-IN-OUT, SKATES**

- 25 Step left to side bending knees and at same time push shoulders & butt back so that chest and butt are out
- 26 Move shoulders and pelvis forward so that chest and butt are in
- 27&28 Move shoulders and butt at the same time so that chest & butt go out(27) in(&) out(28) (hands are on sides of pelvis throughout counts 25-28)
- 29-32 Skate left-right-left-right
- 33-64 Mirror image of counts 1-32

**Start section 5 by turning ¼ left to face 9:00 & roll fists(33&34). You will end with section 8 skating right-left-right-left(61-64) facing back wall and ready to start Part A with right leg**

---