

Don't Cha

拍數: 64 牆數: 4 級數: Intermediate
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音樂: Don't Cha - The Pussycat Dolls



DIAGONAL STEP FORWARD TWICE, TOUCH, TURN KNEE, JUMP AND CLAP

1-2 Step right diagonal forward, touch left (1:30)
3-4 Step left diagonal forward, touch right (10:30)
5-6 Touch right to right, turn right knee in
7-8 Turn right knee out, jump in step feet together and clap

DIAGONAL STEP FORWARD TWICE, TOUCH, TURN KNEE, JUMP AND CLAP

9-10 Step right diagonal back, touch left (4:30)
11-12 Step left diagonal back, touch right (7:30)
13-14 Touch right to right, turn right knee in
15-16 Turn right knee out, jump in step feet together and clap

STEP WITH HIP ROLLS X 4

17-18 Step right to right, close left beside right, roll hip backwards from left to right at the same time
19-20 Step right to right, touch left next to right, roll hip backwards from left to right at the same time
21-22 Step left to left, close right beside left, roll hip backwards from right to left at the same time
23-24 Step left to left, touch right next to left, roll hip backwards from right to left at the same time

ROLLING WINE TWICE

25-28 Step right, left, right, touch left and clap (making a whole turn right, traveling right)
29-32 Step left, right, left, end with a kick with right (making a whole turn left, traveling left)

JAZZ BOX, PADDLE TURN ¼ TURN, KNEE POPS

33-34 Cross right over left, step back on left
35-36 Step right to right, step left next to right
37-38 Step forward on right, turn ¼ left
39-40 Turn both knees in, out

TURN BODY TWICE, BACK TURN, LEFT SAILOR STEP

41-42 Turn upper body and look over left shoulder, turn body back to center
43-44 Turn upper body and look over right shoulder, turn body back to center
45-46 Touch right back, turn ¼ right weight on right
47&48 Cross left behind right, step right to right side, step left in place

HITCH KNEE, STEP, TWIST KNEE, LEFT SAILOR STEP

49-50 Hitch right knee in front of body, step right to right
Arms: stretch right arm to left in front of body, stretch right arm out to right
51-52 Make 2 circles to the right with underarm, at the last count push right elbow to right
53-54 Push knee to right side twice, end weight on right
Push right elbow to right twice
55&56 Cross left behind right, step right to right side, step left in place

KICK BALL POINT, ROCK STEP, COASTER STEP, PADDLE TURN

57&58 Kick right forward, step right beside left, point left to left
59-60 Rock forward on left, recover on right
61&62 Step back on left, step right beside left, step forward on left
63-64 Step forward on right, turn ¼ left end on left

REPEAT
