

Don't Need A Man

拍數: 96 牆數: 4 級數: Advanced
編舞者: Thomas Wagner (DE)
音樂: I Don't Need a Man - The Pussycat Dolls



SIDE ROCK, SAILOR STEP, ROCK STEP, COASTER STEP

1-2 Step left foot to the left side, recover on right foot
3&4 Cross left foot behind right foot, step right foot to the right side, step left foot to the left side
5-6 Step right foot forward, recover on left foot
7&8 Step right foot back, step left foot next to right foot, step right foot forward

ROCK STEP, TRIPLE TURN 1 ½ LEFT, DIAGONAL LOCK STEPS

1-2 Step left foot forward, recover on right foot
3&41 ½ turn left (left foot, right foot, left foot)
5&6 Step right foot forward, cross left foot behind right foot, step right foot forward
7&8 Step left foot forward, cross right foot behind left foot, step left foot forward

KICK, POINT RIGHT, SAILOR TURN ¼ RIGHT, PIVOT TURN ½ RIGHT, TRIPLE FULL TURN RIGHT

1-2 Kick with right foot, touch right toe to the right side
3&4 Cross right foot behind left foot, ¼ turn right stepping left foot next to right foot, step right foot forward
5-6 Left foot forward, ½ turn right
7&8 Full turn right (left foot, right foot, left foot)

SHUFFLE FORWARD, ROCK STEP ¼ LEFT, WAVE

1&2 Step right foot forward, step left foot next to right foot, step right foot forward
3-4 Step left foot forward, ¼ turn left stepping right foot on place
5&6 Step left foot to the left side, cross right foot over left foot, step left foot to the left side
&7&8 Cross right foot behind left foot, step left foot to the left side, cross right foot over left foot, step left foot to the left side

CROSS ROCK, TRIPLE TURN ½ RIGHT, SIDE ROCK, JAZZ BOX

1-2 Cross right foot over left foot, recover on left foot
3&4 ½ turn right (right foot, left foot, right foot)
5-6 Step left foot to the left side, recover on right foot
7&8 Cross left foot over right foot, step right foot back, step left foot next to right foot

KICK RIGHT & LEFT, CROSS, ¾ TURN LEFT, COASTER STEP, KICK RIGHT & LEFT

1&2& Kick with right foot, step right foot next to left foot, kick with left foot, step left foot next to right foot
3-4 Cross right foot over left foot, ¾ turn left
5&6 Step left foot back, step right foot next to left foot, step left foot forward
7&8& Kick with right foot, step right foot next to left foot, kick with left foot, step left foot next to right foot

ROCK STEP, TRIPLE TURN 1 ½ RIGHT, CROSS BACK & CROSS, FULL TURN LEFT WITH SWEEP

1-2 Step right foot forward, recover on left foot
3&41 ½ turn right (right foot, left foot, right foot)
5-6& Cross left foot over right foot, step right foot on place, step left foot next to right foot
7-8 Cross right foot over left foot, full turn left and sweep with left foot

SAILOR STEP LEFT & RIGHT, ROCK STEP, LOCK STEP BACK

- 1&2 Cross left foot behind right foot, step right foot to the right side, step left foot to the left side
- 3&4 Cross right foot behind left foot, step left foot to the left side, step right foot to the right side
- 5-6 Step left foot forward, recover on right foot
- 7&8 Step left foot back, cross right foot over left foot, step left foot back

ROCK BACK, TOE POINTS RIGHT & LEFT, CROSS, TURN $\frac{3}{4}$ LEFT, SAILOR TURN $\frac{1}{2}$ LEFT

- 1-2 Step right foot forward, recover on left foot
- 3&4& Touch right toe to the right side, step right foot next to left foot, touch left toe to the left side, step left foot next to right foot
- 5-6 Cross right foot over left foot, $\frac{3}{4}$ turn left
- 7&8 Cross left foot behind right foot, $\frac{1}{2}$ turn left stepping right foot next to left foot, step left foot forward

ROCK STEP, COASTER STEP, ROCK STEP, CHASSÉ LEFT WITH $\frac{1}{4}$ TURN LEFT

- 1-2 Step right foot forward, recover on left foot
- 3&4 Step right foot back, step left foot next to right foot, step right foot forward
- 5-6 Step left foot forward, recover on right foot
- 7&8 Step left foot to the left side, $\frac{1}{4}$ turn left stepping right foot next to left foot, step left foot to the left side

CROSS ROCK, CHASSÉ RIGHT, CROSS POINT, STEP SIDE CROSS

- 1-2 Cross right foot over left foot, recover on left foot
- 3&4 Step right foot to the right side, step left foot next to right foot, step right foot to the right side
- 5-6 Cross left foot over right foot, touch right toe behind left foot
- 7&8 Step right foot on place, step left foot next to right foot, cross right foot over left foot

SIDE ROCK, SAILOR TURN $\frac{1}{4}$ LEFT, PIVOT TURN $\frac{1}{4}$ LEFT, CROSS CHASSÉ

- 1-2 Step left foot to the left side, recover on right foot
- 3&4 Cross left foot behind right foot, $\frac{1}{4}$ turn left stepping right foot next to left foot, step left foot forward
- 5-6 Step right foot forward, $\frac{1}{4}$ turn left
- 7&8 Cross right foot over left foot, step left foot next to right foot, step right foot forward

REPEAT

TAG

After the second repetition

ROCK STEP, COASTER STEP, ROCK STEP, TRIPLE TURN $\frac{1}{2}$ RIGHT (2X)

- 1-2 Step left foot forward, recover on right foot
 - 3&4 Step left foot back, step right foot next to left foot, step left foot forward
 - 5-6 Step right foot forward, recover on left foot
 - 7&8 $\frac{1}{2}$ turn right (right foot, left foot, right foot)
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