

Dance

拍數: 32 牆數: 4 級數:
編舞者: Scott Blevins (USA)
音樂: Music - Madonna



- 1-2 Step slightly to right side on right foot; bump right hip to right side
3-4-5 Take weight on to left foot; make ½ turn to left; using right foot to push lightly, complete another ½ turn to left, touching right toe to right side
&6-7-8 Step right foot to center; touch left toe to left side; point left toe across and in front of right foot; touch left toe to left side
- 1-2 Touch left foot across and in front of right foot (thighs touching); make a full turn to the right keeping weight on right foot (left foot should be across and behind right foot now)
3-4 Touch left foot to left side; touch left foot next to right foot
5&6 Tap left toe while moving foot gradually to left on 5 &; step (press) left foot slightly to left
7-8 Shift weight to right, while circling right knee to the right; shift weight to left, while circling left knee to the left
- &1-2 Step right foot to center; cross left foot in front of right (with some weight); make a full turn to the right on right foot (unwind)
3&4 Rock (step) to left side on left foot; shift (recover) weight to right foot; kick left foot forward
&5 Step left foot to center; step forward on right foot
&6 Keeping weight on right foot, make ½ turn left while bumping right hip back; bump right hip back again
7&8 Take weight on to left foot; keeping weight on left foot, make ½ turn left; touch right toe back while pushing right hip back
- 1&2 Rock (step) forward on right foot; shift weight back (recover) to left foot; step right a shoulder width apart from left foot
3-4 Grind hips to the left, bumping left hip to left on count 4
5-6 Make ¼ turn to right, stepping on right foot; step forward on left foot
7-8 Pivot ½ turn to right, taking weight onto right foot; turn ½ turn right on right foot, drawing left foot next to right foot and taking weight on to left foot

REPEAT

TAG

After completing the first 32 counts of the dance and never again

SLOW MOTION MOVEMENT

- 1-2 Cross right foot in front of left foot, taking weight on ball of right foot with heel off floor; lower heel
3-4 Step left foot to left side, taking weight on ball of left foot with heel off floor; lower heel
5-6 Make ¼ turn left, stepping right foot to right side, taking weight on ball of right foot with heel off floor; lower heel
7-8 Step left foot to left side, taking weight on ball of left foot with heel off floor; lower heel
- 1-2 Step right foot forward crossing slightly in front of left foot and hold
3-4 Step left foot forward crossing slightly in front of right foot and hold
5-6 Step right foot forward; pivot ½ turn left, taking weight on left foot
7-8 Make ½ turn left on left foot, stepping back on right foot; step left foot back on count 8

After you complete this 16 counts, you will be facing the beginning wall and begin dance again

