

Confessions

拍數: 64 牆數: 2 級數: Intermediate
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音樂: Confessions - Destiny's Child



POINT FORWARD, POINT RIGHT NEXT TO LEFT, POINT SIDE RIGHT, & POINT SIDE LEFT, DRAG LEFT BACK NEXT TO RIGHT, KICK, TOGETHER, KICK, TOGETHER

- 1-2 Point right forward, point right back next to left
- 3&4 Point right out to side, bring right back next to left (transfer weight to right), point left out to side
- 5-6 Slowly drag left back next to right, transfer weight to left
- 7&8& Kick right forward, bring right back next to left, kick left forward, bring left back next to right

FORWARD RIGHT, FORWARD LEFT, ROCK FORWARD RIGHT, RECOVER LEFT, BACK RIGHT DRAG LEFT, BACK LEFT DRAG RIGHT, BACK RIGHT HOOK LEFT, FORWARD, FORWARD ANGLE LEFT SHUFFLE

- 1-2 Step forward right, step forward left
- 3&4 Rock right forward, rock back left, step back right while dragging left back slightly past right
- 5-6 Step back left - dragging right slightly past left, step back right and hook left in front of right
- 7&8 Step forward in a slight diagonal left, slide right behind left, step forward left

POINT SIDE RIGHT, BACK RIGHT AND ½ TURN RIGHT, LEAN LEFT, LEAN RIGHT, CROSS LEFT, POINT SIDE RIGHT, BACK RIGHT AND ½ TURN RIGHT, LEAN LEFT, LEAN RIGHT, CROSS LEFT

- 1-2 Point right out to side, bring right back to center while doing a backward ½ turn on right foot
- 3&4 Step and lean to left, step and lean returning weight to right, cross left over right
- 5-6 Point right foot to side, bring right foot back to center while doing a backward ½ turn on right foot
- 7&8 Step and lean to left, step and lean returning weight to right, cross left over right

SIDE RIGHT, BEHIND, SIDE RIGHT, RECOVER LEFT, CROSS RIGHT OVER LEFT, SIDE, CROSS, SIDE, PUSH HIP RIGHT, TOGETHER, SIDE

- 1-2 Step side right, step behind left
- 3&4 Step side right (with slight lean to right), recover weight on left, cross right over left
- 5&6 Step side left keeping slightly behind right, cross right over left, step out with left pushing hip out to left
- 7&8 Don't move feet push hip out to right (weight on left), step right together, step side left (pushing hip out to left)

KNEES ROCKS: LEFT, RIGHT, LEFT, RIGHT, ¼ TURN LEFT, SLOW SEXY STROLL: FORWARD, FORWARD

- 1-2 Rock both knees to left, rock both knees to right
- 3&4 Rock both knees to left, rock both knees to right, ¼ turn left on left and bring right next to left
- 5-6 Step forward right (slow and sexy forward ending step on count 6) 2 counts to complete step forward
- 7-8 Step forward left (slow and sexy forward ending step on count 8) 2 counts to complete step forward

SLOW SEXY STROLL FORWARD, LEFT NEXT TO RIGHT, POP KNEES UP & DOWN, POINT, TOGETHER, POINT, TOGETHER, POINT FORWARD, ¼ RIGHT, LEFT KNEE ROLL RIGHT NEXT TO RIGHT

- 1-2 Step forward right (slow and sexy forward ending step on count 6) 2 counts to complete step forward

- 3&4 Step left next to right, pop both knees up together (putting weight on both balls of feet), knees down as both feet come down (weight ends up on left)
- 5&6& Point right out to side, right next to left (weight transfer to right), point left out to side, left next to right (weight transfer to left)
- 7&8 Point right forward, while stepping back $\frac{1}{4}$ turn right (weight ending up on right), $\frac{1}{4}$ turn left knee around right next to right (weight still on right)

STEP OUT SIDE LEFT WITH SLOW HIP ROLL OUT, CLAP, SLAP, SEXY HIP ROLLS

- 1-2-3 Step left foot out to side with slow hip roll transfer weight
- &4 Clap hands in front of body, slap thighs
- 5-8 Roll hips to the right shifting weight right, left, right, left (end rolls with hip out left, weight on left)

JAZZ WALK FORWARD: SIDE, HIP BACK, CROSS LEFT IN FRONT OF RIGHT, HIP BACK, SIDE, HIP, KICK BALL TOUCH

- 1-2 Step right foot to side transfer weight (face slightly sideways), bump hip back a bit
- 3-4 Cross left foot in front of right transfer weight, bump hip back a bit
- 5-6 Step right foot to side transfer weight, bump hip back a bit
- 7&8 Kick left forward slightly crossing right, step left down, touch right next to left

REPEAT
