

Beautiful

拍數: 68 牆數: 2 級數: Intermediate
編舞者: Sooz Goodes (AUS)
音樂: Beautiful - Christina Aguilera



TOUCH BEHIND, UNWIND, PIVOT ½ LEFT, STEP LEFT BACK, TOGETHER & STEP RIGHT BACK, TOGETHER &

- 1-4 Touch left toe behind right foot, unwind ½ left (weight on left), step right forward, pivot ½ left (weight on right)
5-6 Step back on left 45 degrees left, step right next to left
&7 Step left in place, step back on right 45 degrees right
8& Step left next to right, step right in place

STEP FORWARD, ¼ TURN RIGHT, FULL TURN LEFT, FULL TURN RIGHT, ¾ TURN RIGHT, TOUCH

- 9-10 Step left forward, turn ¼ right transferring weight to right
11&12 Traveling forward syncopated full turn left stepping left, right, left
13&14 Syncopated full turn right stepping right, left, right (almost on spot)
15&16 Step left forward, turn ¾ right stepping right to right, touch left next to right (you will be facing 12:00)

Restart on wall 2

SIDE, TOGETHER, ¼ TURN LEFT & LEFT SHUFFLE FORWARD & TOUCH LEFT BEHIND, UNWIND 1 ¼ LEFT, LEFT SHUFFLE FORWARD

- 17-18 Large step left stepping onto left, step right next to left
19&20 Turn ¼ left with left shuffle forward (step left forward, step right next to left, step left forward)
&21-22 Step right forward, touch left behind, unwind 1 ¼ left hooking left in front right
23&24 Left shuffle forward (step left forward, step right next to left, step left forward)

ROCK & TURN ½ RIGHT, 2 SAMBA STEPS, PIVOT & STEP

- 25&26 Step right forward, step back left turning ½ right, step right forward
27&28 Samba step (step left across right, step right to right, step left in place)
29&30 Samba step (step right across left, step left to left, step right in place)
31&32 Step left forward, turning ½ right step onto right, step left forward

10 HIP BUMPS

- 33-34 Stepping right forward (angle body almost ¼ turn left) bump hips right, left
35&36 Bump hips right, left, right
37-38 Stepping left forward (angle body almost ¼ turn right) bump hips left, right
39&40 Bump hips left, right, left

PIVOT ½ LEFT, SWEEPS FORWARD, ½ TURN LEFT, COASTER

- 41-44 Step right forward, pivot ½ left (weight on left), sweep right forward stepping onto right, sweep left forward stepping onto left
45-46 Sweep right forward stepping onto right, pivot ½ left (keeping weight back on right)
47&48 Left coaster (step left back, step right next to left, step left forward)

¼ TURN RIGHT & RIGHT SHUFFLE FORWARD, ½ TURN LEFT & LEFT SHUFFLE FORWARD, ¼ TURN RIGHT & RIGHT SHUFFLE FORWARD, ¼ TURN LEFT ROCKING BACK, & ¼ RIGHT RECOVER, SIDE

- &49&50 Turn ¼ right hooking right in front left, right shuffle forward (step right forward, step left next to right, step right forward)
&51&52 Turn ½ left hooking left in front right, left shuffle forward (step left forward, step right next to left, step left forward)

- &53&54 Turn ¼ right hooking right in front left, right shuffle forward (step right forward, step left together, step right forward)
- 55&56 Turning ¼ left step back on left dipping legs, turning ¼ right step right forward, step left to left

2 FULL TURNS BACK, STEP SIDE, TOUCH & STEP & TWIST & STEP & TWIST

- 57&58& Two syncopated full turns back (turn ½ right and step forward on right, turn ½ right step back on left, turn ½ right step forward on right, turn ½ right step back on left)
- 59-60 Step right to right side, touch left next to right
- &61&62 Step back on left, step right forward, twist heels right, twist heels back to center
- &63&64 Step back on right, step left forward, twist heels left, twist heels back to center (weight on right)

LOCK STEP BACK, (&) SIDE ROCK, RECOVER

- 65&66 Moving back 45 degrees right cross left over right, step right back, step left over right
- &67-68 Step right back, stepping left out to left sway hips to left, recover weight onto right

REPEAT

RESTART

On wall 2, complete the first 12 counts then replace counts 13-16 with the following steps then start dance again

- 13&14 Syncopated turn ¾ right stepping right, left, right
- 15&16 Large step left stepping onto left, drag right to left, step right next to left (you will be facing 12:00)

FINISH

After completing count 40 (the 10 hips bumps), step right forward 45 degrees right (music has slowed right down)

This dance is dedicated to my team mates
