

Beautiful Liar

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Michael Lynn (UK)
音樂: Beautiful Liar - Beyoncé



SAILOR STEP RIGHT, LOCKSTEP BACK RIGHT, SAILOR ½ STEP, STEP, PIVOT, STEP

1&2 Cross right behind left, step left to left side, step right to place
3&4 Step back right, lock left across right, step back right
5&6 Cross left ¼ left behind right, step right ¼ left to right side, step left to left side
7&8 Step forward right, pivot ½ turn over left shoulder, step forward right

LEFT MAMBO FORWARD, RIGHT MAMBO BACKWARD & ¼ RIGHT, LEFT FLICK, ZIGZAG, ¾ TRIPLE TURN RIGHT

1&2 Rock forward left, recover weight onto right, step left beside right
3&4 Rock backward right, recover weight onto left, step right beside left
& Make ¼ turn right, flicking left diagonally back left
5&6 Cross left over right, step right to right side, cross left behind right
7&8 Triple step ¾ turn right, stepping - right, left, right

BRUSH, HITCH, HEEL DIG, BACK, DRAG, TOE, HEEL, CROSS, CROSS SHUFFLE

1&2 Brush left foot forward, hitch left knee, dig left heel forward
3-4 Take a large step back on right, dragging the left heel towards right
5&6& Dig right toe to left instep, dig right heel to left instep, cross right over left, step left to left side
7&8 Cross right over left, step left to left side, cross right over left

HEEL/TOE TOUCHES, PIVOT ¼ HITCH, HEEL GRIND ½, KNEE ROLL STEP OUT, OUT

1-2 Touch left heel forward, touch left toe backwards
3-4 Touch left heel forward, pivot ¼ left hitching left
5&6 Touch left heel forward, grind heel left (making a ½ turn left) stepping right beside left, step left beside right
7-8 Step right to right side rolling right knee out, step left to left side rolling knee out

REPEAT

TAG

After walls 1 & 3

SIDE STEP/SEXY HIPS, ROCK ½ TURN, ROCK ¼ TURN

1&2& Step right to right side, step left beside right, step right to right side, step left beside right
3&4 Step right to right side, step left beside right, step right to right side
5&6 Rock forward left, recover back onto right, turn ½ left stepping forward on left
7&8 Rock forward right, recover back onto left, turn ¼ right stepping forward on left

Styling: counts 1-4, while stepping to the right, flick right hip upwards in a belly dancing style hip thrust

WEAVE, UNWIND FULL TURN, HIP ROLLS

1&2 Cross left over right, step right to right side, cross left behind right
3-4 Unwind full turn over left shoulder
5-8 Roll hips sexily over 4 counts in a to the right direction