

Don't Cha Wish

COPPER KNOB
STYLEDANCE

拍數: 64 牆數: 4 級數: Beginner
編舞者: Amy Christian (USA) - June 2006
音樂: Don't Cha (feat. Busta Rhymes) - The Pussycat Dolls



64 Count Intro.

Sequence: AA BB AA BB AA BB

PART A -32ct - Verse

Step R, Hold, Step L Together, Hold, Step R, Hold, Step L Together, Hold

- 1-2 Look L, upper body slightly turning L, as R hand goes over to L side of head and slides around the back of head, Step R foot to right side, R knee slightly bent inwards(1), Hold(2),
3-4 Look forward, Step L foot next to right(3), R hand slides back to R side of neck, Hold(4),
5-8 Look R, Step R foot to right side(5), Hold(6), Step L foot next to R foot(7), as R hand straightens out to R side R palm facing 3 o'clock, Hold(8).

Step L, Pump Pump, Step R Together, Hold, Step L, Pump Pump, Step R Together, Hold

- 1&2 Look L, Knees bent, Step L foot to left side, Hands in a fist, elbows up, at shoulder Level, Chest pushed forward as shoulders go back(1), Push shoulder forward, as chest Goes inwards/backwards(&) Chest pushed forwards as shoulder goes back again(2),
3-4 Drop hands, Look forward, Step R foot next to L foot, straightening up(3), Hold (4),
5&6-8 (Repeat steps 1&2-4).

¼ Turn L With Bumps, Step, Hold, ¼ Turn L With Bumps, Step, Hold

- 1&2 Turn ¼ left, Step R foot to right side, but weight remains on L foot, Bump R twice, Look R as you bump, hands are crossed at wrist & are just at about L shoulder,
3-4 Step R foot next to L foot, Weight is still on L foot, Hold (4),
5-8 (Repeat steps 1&2-4)

Out, Out, In, In, Out, Out, In, In

- 1-2 Step R foot diagonally forward(1), Step L foot to left side(2),
3-4 Step R foot back(3), Step L foot next to R foot(4),
5-8 (Repeat steps 1-4).

PART B - 32ct - Chorus

Pivot ½ Turn L, Step Feet Apart, Look Back, Slap Butt, Look Back, Slap Butt

- 1-2 Step R foot forward(1), Pivot ½ turn left, stepping on L foot(2),
3-4 Step R foot to right side(3), Step L foot to left side(4), Feet apart,
5-6 Looking back over R shoulder, Slap butt with R hand, (5), Hold(6),
7-8 Looking back over L shoulder, Slap butt with L hand, (7), Hold(8).

Anti Clockwise Hip Rolls X 2, Butt Roll (Or Body Roll steps on 5-8)

- 1-4 Still looking back, over left shoulder, Roll hips anti clockwise twice,
5-6 Feet still apart, Look forward, Bend knees, Back straight, Go straight downwards, Palms on thighs,
7-8 Push butt back out, as upper body leans forward, then straighten up,
Alternative steps for counts 5-8 - instead of doing the Butt Roll,
5-6 Swivel heels in(5), Swivel toes in, Feet should be together now(6),
7-8 Body roll forward.

Shimmy, ½ Turn L Stepping R, L, R, L, R, L, R, L With Feet Apart

- 1-8 Shimmy shoulders, With feet slightly apart, thru out, make ½ turn left, Take little steps, Stepping R, L, R, L, R, L, R, L,

Out, Out, In, In, Out, Out, In, In

1-2 Step R foot diagonally forward(5), Step L foot to left side(6),

3-4 Step R foot back(7), Step L foot next to R foot(8),

5-8 (Repeat steps 1-4)

To FINISH: The music fades off, as you face the back wall, as you finish the Butt Roll(5-6), Just look over L Shoulder and hold that pose.

It's an easy, fun, sexy dance. If you are not comfortable with the Butt Roll, do the alternative step, a Body Roll. Do try it!
