

Chaotic

拍數: 56 牆數: 4 級數: Intermediate
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音樂: Chaotic - Britney Spears : (CD: Chaotic)



SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK CROSS, LOCK

1-2 Rock right to right, recover onto left
3&4 Cross right behind left, step left to left, cross right over left
5&6 Rock left to left, recover onto right, cross left over right
7&8 Look left, look front

TOE STRUTS STEP, TOE STRUTS ¼ STEP, KICK STEP BACK, SHOULDER BRUSH

1&2 Touch right slightly forward, touch right slightly forward, step right down
3&4 Making ¼ touch left slightly forward, touch left slightly forward, step left down
5&6 Kick right forward, step right back to right, step left to left (weight on left with feet apart)
7-8 Use right hand brush left shoulder, use left hand brush right shoulder

KICK SIDE ROCK TWICE, KICK STEP BACK, HIP BUMP

1&2& Kick right forward, step right forward, rock left to left, recover onto right
3&4& Kick left forward, step left forward, rock right to right, recover onto left
5&6 Kick right forward, step right back to right, step left to left (weight on left with feet apart)
7-8 Bump hip right, bump hip left

PIVOT ½ TURN STEP, SIDE ROCK CROSS, ¼ TURN STEP

1&2 Step forward right, making ¼ turn left put weight on left, step right forward
3&4 Rock left to left, recover onto right, cross left over right
5&6 Rock right to right, recover on to left, cross right over left
7-8 Making ¼ left step forward, step right forward to right

Hands: put left hand with palm facing down to left . Put right hand with palm facing down to right

SHOULDER BOUNCE ¼ TURN LEFT (UPPER BODY), SHOULDER BOUNCE ¼ RIGHT (UPPER BODY)

1&2 Moving upper bodies bounce shoulder and turn ¼ left
3&4 Moving upper body bounce shoulder and turn ¼ right
5&6 Moving upper body bounce shoulder and turn ¼ left
7-8 Swing hands up, swing hands down

CROSS ROCK STEP, CROSS ROCK ¼ STEP, STEP HITCH

1&2 Cross rock right over left, recover onto left, step right to right
3&4 Cross rock left over right, recover onto right, step right to left
5&6 Cross rock right over left, recover onto left, making ¼ right step right to right
7-8 Step left forward, hitch right

Hands: hand to respective side at shoulder level, bend elbows and throw hand up

MONTEREY ½ TURN SIDE ROCK CROSS, MONTEREY ½ TURN SIDE ROCK CROSS

1-2 Touch right to right, making ½ turn right step right beside left
3&4 Rock left to left, recover onto right, cross left over right
5-6 Touch right to right, making ½ turn right step right beside right
7&8 Rock left to left, recover onto right, cross left over right

REPEAT