

Still Sexy

拍數: 32 牆數: 4 級數: Beginner
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音樂: Still Dirty - Christina Aguilera



(1-8) Walk forward, ½ turn, step, touch, kick ball step.

- 1 RF step forward
- 2 LF step forward
- 3 RF step backwards
- & LF step next to RF, ½ turn left (face 6.00)
- 4 RF step forward
- 5 LF step forward
- 6 RF touch to rightside
- 7 RF kick diagonale left forward
- & RF step right side
- 8 LF step left diagonale forward

(9-16) Cross, slide, smooth heelgrinds, sweep, cross, ¼ turn, flick ½ turn, sitposition.

- 1 RF cross over LF
- 2 slide to left with LF, ending feets together
- 3 while rolling on RF from toe to heel in place grind left heel to left. (left toe turns out)
- & while rolling on LF from toe to heel in place grind right heel to right. (right toe turns out)
- 4 Step on RF, sweep LF over heel
- 5 LF cross behind RF
- & ¼ turn right RF step forward (face 9.00)
- 6 LF step forward
- 7 RF flick to right side
- & RF touch forward
- 8 ½ turn left, go through knees weight on RF (face 3.00, LF on toe, knee to 3.00, right knee to 6.00)

(17- 24) Forward, through left knee, ½ turn, touch and heel.

- & weight on LF
- 1 RF step forward
- 2 LF step forward
- 3-4 Go through left knee, right leg hold straight glide backwards.
- & go back up
- 5 RF step backwards
- 6 ½ turn left, LF step forward (face 9.00)
- 7 ¼ turn left, Rf touch behind LF (face 6.00)
- & RF step backwards
- 8 LF heel touch forward

(25-32) Kick, turn, step, hook, kick, step, crosses, twist on heels.

- & LF step next to RF
- 1 RF kick forward
- & ¼ turn right (face 9.00), step on RF
- 2 ¼ turn right (face 12.00), LF step backwards
- & ½ turn right (face 6.00), RF hook for LF
- 3 RF kick forward
- & ¼ turn right (face 9.00), RF step forward (feets are now crossed over)

- 4 LF step to left side
 - & RF step next to LF
 - 5 LF cross over RF
 - & RF step to right side
 - 6 LF cross behind RF
 - & RF step to right side
 - 7 LF cross over RF
 - & RF step next to LF, twist on toes, heels turn to right
 - 8 turn heels back to middle
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