

Stupid Sh t

拍數: 64 牆數: 2 級數: High Intermediate
編舞者: Jo Kinser (UK), John Kinser (UK) & Mark Furnell (UK) - September 2008
音樂: Stupid S*** - Girlicious : (Single)



Originally choreographed to: In The Ayer. Artist: Flo-Rida Ft. Will.I.Am and Fergie. Album: Mail On Sunday.
Start on the verse 32 counts in. Restart on wall 5 after 48 counts facing 12 o'clock.

Start on the verse 16 counts in.

(1-8) Kick Out Out, & Pop & Pop, And Side & Pop, And Side & Pop

1&2 Kick Rt fwd, Step Rt to Rt, Step Lt to Lt
&3&4 Lift heels whilst popping knees fwd, Replace heels, Lift heels whilst popping knees fwd,
Replace heels
&5&6 Step Rt next to Lt, Step Lt to Lt, Lift heels whilst popping knees fwd, Replace heels
&7&8 Step Rt next to Lt, Step Lt to Lt, Lift heels whilst popping knees fwd, Replace heels

(9-16) Cross, Push, Back, 1 1/2 Turns, 1/4 Rock & Cross

1,2 Cross ball of the Rt over Lt, Sliding Lt back
3,4 Step Rt back, Make a 1/2 turn Lt stepping Lt fwd
5,6 Make a 1/2 turn Lt stepping Rt back, Make a 1/2 turn Lt stepping Lt fwd
7&8 Make a 1/4 turn Lt Rocking Rt to Rt, Replace weight Lt, Cross Rt over Lt (3 o'clock)

(17-24) Point & Kick, Back, Back, Turn, Fwd, Turn, Coaster Step

1&2 Point Lt to Lt, Step Lt to Rt making a 1/4 turn Lt, Kick Rt fwd (12 o'clock)
&3,4 Step Rt back, Bring Lt next to Rt, Pivot 1/2 Lt on heels of both feet (weight Lt)
5,6 Step Rt fwd, Pivot 1/2 Rt bring Lt to Rt
7&8 Step Rt back, Step Lt next to Rt, Step Rt fwd

(25-32) Walk Lt, Rt, Lt, Together, & Pop, Out, Out, Shoulder Pops

1,2,3,4 Walk fwd Lt, Rt, Lt, Step Rt next to Lt
&5&6 Lift heels whilst popping knees fwd, Replace heels, Step Rt to Rt, Step Lt to Lt
&7&8 Pop shoulders Up & Down twice, Making a 1/8 turn Lt (10 o'clock)

Restart (2): 5th wall after 32 counts facing 6 o'clock.

(33-40) Kick & Touch, Kick & Touch, Together & Pop, Walk Rt, Lt

1&2 Kick Rt fwd, Step Rt next to Lt, Push Lt toe back (10 o'clock)
3&4 Kick Lt fwd, Step Lt next to Rt, Push Rt toe back (10 o'clock)
5&6 Step Rt next to Lt, Pop both knees out to sides, Bring knees back together (weight Lt)
7,8 Walk fwd Rt, Lt (10 o'clock)

(41-48) Cross, Back, Step, Turn, Step, & Heel, Hitch & Side

1,2 Cross Rt over Lt, Step Lt back squaring up to 12 o'clock
3,4 Make a 1/4 turn Rt stepping Rt fwd, Make a 1/2 turn Rt stepping Lt next to Rt
5&6 Make a 1/4 turn Rt stepping Rt to Rt, Swivel Rt heel to Rt, Swivel Rt heel to center
7&8 Bring Lt knee up, Take Lt knee out to Lt, Step Lt to Lt

Restart (1): 2nd wall after 48 counts facing 6 o'clock.

(49-56) Hands Fwd Side, Roll Down, Kick Back Back, Body Roll Down

1,2 Take Lt hand to Lt diagonal - Rt hand on top of Lt hand, Take both hands to Rt facing 1/4 turn
Rt (3 o'clock)
3,4 Roll body back and down (weight Lt)
5&6 Kick Rt fwd, Step Rt back, Close Lt to Rt

7,8 Roll body back and down (weight Lt)

(57-64) Ball Step, Hold, Bounce, Bounce, Kick Ball Point, Body Roll 1/4 Lt

&1,2 Step ball of Lt in place, Step Rt fwd, Hold count 2 Raising both hands

3,4 Bounce heels 1/4 turn Lt, Bounce heels 1/4 turn Lt

5&6 Kick Rt fwd, Step Rt in place, Touch Lt toe back

7,8 Roll body 1/4 turn Lt, Continue the body roll (weight Lt) facing 6 o'clock

HAVE FUN !
