

# Pose

拍數: 64      牆數: 4      級數: Intermediate / Advanced  
編舞者: Rachael McEnaney (USA) - January 2009  
音樂: Pose (feat. Snoop Dogg) - Justin Timberlake



Count In: 32 counts from start of track. Dance begins on vocals

Notes: Tag at end of 3rd wall: At end of 3rd wall step left next to right on &, then repeat counts 49 – 64.

**(1 – 8) Look left, shoulder roll & right knee pop, right hitch, ¼ turn kick, ball step, walk, chasse left**

- 1 – 2      Start dance with feet shoulder width apart: Turn head left (looking at 9.00) (1), Pop right knee in towards left while turning both shoulders ¼ turn left as you roll right shoulder forward and snap fingers down (2) 12.00
- 3 – 4      Straighten body up to 12.00 while hitching right knee (3), make ¼ turn right on ball of left kicking right foot forward (4) 3.00
- & 5 - 6      Step ball of right next to left (&), step forward on left (5), step forward on right (6), 3.00
- 7 & 8      Step left to left side (7), step right next to left (&), step left to left side (8) 3.00

**(9 – 16) Right jazz box, ball cross, ¼ turn right, ½ turn left, right kick**

- 1 - 4      Cross right over left (1), step back on left (2), step right to right side (snap right fingers) (3), step left to left side (4)(snap left fingers) 3.00
- & 5      Step in place with ball of right foot (&), cross left over right (5) 3.00
- 6 - 8      Make ¼ turn right stepping forward on right (6), make ½ turn left stepping forward on left (7), kick right foot forward across left (8) 12.00

**(17 – 24) Back touch, back touch, step right left, hitch, step point, close, side, hip bumps right with left hitch.**

- & 1 & 2      Step diagonally back on right (&), touch left next to right (1), step diagonally back on left (&), touch right next to left (2) 12.00
- & 3      Step right small step to right side (&), step left to left side (3) 12.00
- 4 - 6      Hitch right knee (4), step right next to left (&), touch left to left side (5), step left next to right (&), step right to right side (6) 12.00
- 7 & 8      Bump hips to right (7), bump hips to left (&), bump hips to right as you hitch left leg (8) (tilt head right throwing R arm across body) 12.00

**(25 – 32) Step left side, right cross, step left, step right, step left side, right cross, ¾ triple step turn left**

- 1 - 4 S      tep left to left side (1), cross right over left (2), step left to left side rolling hips left (3), step right to right side rolling hips right (4) 12.00
- 5 - 8 S      tep left to left side (5), cross right over left (6), make ¾ turn left stepping left, right, left (7&8), end with left foot forward. 3.00

**(33 – 40) Do Shuffles & Skates all on diagonals - Skate R, shuffle L, skate R, skate L, ¼ turn right doing R cross shuffle with heel jack**

- 1 - 4      Skate forward on right (1), step forward on left (2), step right next to left (&), step forward on left (3), skate forward on right (4) 3.00
- 5 – 8      Skate forward on left (5), make ¼ turn right crossing right over left (6), step left to left side (&), cross right over left (7) Step left to left side (&), touch right heel to right diagonal (8) 6.00

**(41 – 48) Ball, L cross shuffle, ¼ turn right skating R, L, ¼ turn right doing R crossing shuffle, L side mambo**

- 1 – 4      Step in place with right (&), cross left over right (1), step right to right side (&), cross left over right (2), Make ¼ turn right skating forward on right (3), skate forward on left (4) 9.00
- 5 – 8      Make ¼ turn right crossing right over left (5), step left to left side (&), cross right over left (6) Rock left to left side (7), recover weight onto right (&), step left next to right (8) 12.00

**(49 – 56) 2 Walks forward, step side R with ¼ turn L, touch L to L side, ¼ L, ¼ L, L behind side cross**

1 – 4 Walk forward right (1), walk forward left (2), make ¼ turn left stepping right to right side (3), touch left to left side (4)

**Arm styling: Swing R arm clockwise in circle snapping fingers (1,2), R hand touches L hip (3), snap fingers to R side looking to 12.00 (4) 9.00**

5 – 6 Make ¼ turn left stepping forward on left (5), make ¼ turn left stepping right to right side (6), 3.00

7 & 8 Cross left behind right (7), step right to right side (&), cross left over right (8) 3.00

**(57 – 64) R toe heel cross, L coaster step, snake roll right, hip thrust forward back with arms, step right**

1 – 4 Touch right toe next to left instep (1), touch right heel to right diagonal (&), cross right over left (2), step back on left (3), step right next to left (&), step forward on left (4) 3.00

5 - 6 Step right to right side doing right side snake/body roll (imagine putting head then body through hoop) (5), step left next to right (6) 3.00

7 & 8 Push hips forward punching arms back (7), push hips back punching arms forward & crossed (&), step right to right side punching arms by side (8) 3.00

**START AGAIN, HAVE FUN!**

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