

# If U Seek

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: David Thomas (SCO) - April 2009  
音樂: If U Seek Amy - Britney Spears : (CD: Circus)



## Start dancing on lyrics

### Side Drag & Cross Hold, & Behind & Cross & Cross & Cross

1-2            Step right to side, drag left together  
&3-4          Step left together, cross right over left, hold  
&5&6         Step left to side, cross right behind left, step left to side, cross right over left  
&7&8         Step left to side, cross right over left, step left to side, cross right over left

### Rock ¼ Turn, Full Turn Back, Coaster Step, Side Stomp Hold

1-2            Turn ¼ left and rock left forward, recover to right  
3-4            Turn ½ left and step left forward, turn ½ left and step right back  
5&6           Step left back, step right together, step left forward  
7-8            Stomp right to side, hold

### Back Rock Recover Side Step Kick Hold, ½ Turn, ¾ Turn Right -Right Lock Right

1&2            Rock left diagonally back, recover on right, step left to side  
3-4            Cross/kick right over left, hold (while right leg is still raised across left)  
5-6            Turn ½ right and step right to side, turn ¾ right and step left to side  
7&8            Step right forward, lock left behind right, step right forward

### (&) Prissy Walks Forward X4, Step Hold, Pivot ½ Turn, Hold

&1-2          Lock left behind right, cross right over left, cross left over right  
3-4            Cross right over left, cross left over right  
5-6            Step right forward, hold  
7-8            Turn ½ left (weight to left), hold

### Crossing Mambo Twice, ½ Turn, ¾ Turn Right, Right Shuffle Forward

1&2            Cross/rock right over left, recover to left, step right in place  
3&4            Cross/rock left over right, recover to right, step left in place  
5-6            Turn ½ right and step right to side, turn ¾ right and step left to side  
7&8            Step right forward, step left together, step right forward

### Kick & Point, & Kick Back Touch, Hitch Forward ½ Turn Back, Body Roll

1&2            Kick left forward, step left together, point right to side  
&3&4          Step right together, kick left forward, step left back, touch right toe back  
5-6            Hitch right knee, turn ½ right and step right forward  
7&8            Hold (body roll down and up, weight to right)

**Easier option for counts 7&8: hip bumps left, right, left**

### Side Rock Recover, Cross Hold, Back Back Hold, Jump Forward Hold

1-2            Rock left to side, recover to right  
3-4            Cross left over right, hold  
&5-6         Step right back, step left back (pushing hips back and leaning forward), hold  
7-8            Jump both feet forward (straightening body), hold

### Back Back Hold, Jump Forward Hold, Syncopated Rocking Chair Turn ¼ Right

&1-2          Step right back, step left back (pushing hips back and leaning forward), hold  
3-4            Jump both feet forward (straightening body), hold

5&6& Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left  
7&8& Turn 1/8 right and rock right to side, recover to left, rock right back, recover on left

**Repeat**

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