

# La Femme Nikita

COPPER KNOB  
STEP SHEETS

拍數: 32                      牆數: 4                      級數: Intermediate  
編舞者: Michael Lynn (UK) - June 2009  
音樂: Nikita - Elton John : (Album: Greatest Hits - 5:42)



(32 count intro, 85bpm)

## TOE-HEEL-CROSS-TOUCH, STEP-KICK, RIGHT COASTER STEP, LEFT LOCKSTEP

1&                      Dig right toe to left instep, touch right heel to left instep,  
2&                      Cross right in front of left, cross touch left behind right,  
3-4                      Step back left, kick right foot forward,  
5&6                      Step back right, step together, step forward right,  
7&8                      Step forward left, lock right behind left, step left forward.

## FORWARD/BACK TOUCH, TWIST 1/4 RIGHT, FORWARD TOUCH, SIDE TOUCH, TWIST 1/4 LEFT, SIDE SWITCHES

1-2                      Touch right forward, touch right back,  
3-4                      Twist 1/4 right (transferring weight to right), touch left toe forward,  
5-6                      Touch left toe to left side, twist 1/4 left,  
7&8                      Touch left to left side, replace left beside right, touch right to right side.

## BACK ROCK RECOVER, SYNCOPATED FULL PIVOT TURN, SWEEP, WEAVE RIGHT, STEP-PIVOT 1/4 LEFT

1-2                      Rock back right, recover left,  
3&4                      Step right forward, pivot 1/2 turn left (keeping weight onto left), step right 1/2 left while sweeping left,  
5&6                      Continue the sweep to step left behind right, step right to right side, cross left over right,  
7-8                      Step right to right side, pivot left 1/4 left.

## FORWARD RIGHT SHUFFLE, STEP-SWEEP, SLOW FULL UNWIND LEFT

1&2                      Step forward right, close left beside right, step forward  
3-4                      Step forward left, sweep right across left,  
5-8                      Transfer weight to left, slow unwind left over 4 counts.

## CHOREOGRAPHER'S NOTE'S

Dedication: This dance is dedicated to Judi Harrington. She asked me to choreograph a dance to an Elton John song for her. The result was "La Femme Nikita", I showed her the dance... her response was "Nikita" is the only Elton John song I don't like... oh well back to the drawing board lol.

## COUNTRY TRACK

Alt Music: "I Want To Be The One (3:56)" by Lonestar (24 count intro, 79bpm) Album: "I'm Already There"  
Wall 4: RESTART - dance upto count 8 in Section 1 and restart the dance. Restart will be on your 3 o'clock wall.

Wall 6: MINI-TAG – 2 count tag needed. Dance all the way through the dance until the slow unwind, and unwind over 6 counts (instead of 4 counts). Tag will be on your the home wall (12 o'clock).

## POP TRACK

Alt Music: "Holding Onto You (3:28)" by Liberty X (32 count intro, 87bpm) CD Single: "Holding Onto You" by Liberty X Album: "Thinking It Over" by Liberty X  
No tags or restarts needed.