

Amy

拍數: 64 牆數: 4 級數: Higher Intermediate
編舞者: Kate Sala (UK) - July 2009
音樂: If U Seek Amy - Britney Spears



Walk x 2, Kick & Touch Back, Pivot 1/4 Turn L, Cross, Side Step, Tap Ball Cross.

1 2 3 & 4 Walk forward on R, L. Kick R forward, Step R in next to L. Touch L back.
5 6 7 Pivot 1/4 turn L. Cross step R over L. Step L to L side.
8 & Tap R toe next to L instep. Small step R & slightly back on ball of R.
1 Cross step L over R.

Side Step R, Touch Back, Pivot 1/2 Turn L, Step, Pivot 1/4 Turn L, Cross step, Touch L.

2 3 4 Step R to R side. Touch L toe back. Pivot 1/2 turn L. (Weight on L).
5 6 Step forward on R. Pivot 1/4 turn L.
7 8 Cross step R over L. Touch L toe to L side.

L Kick Ball Step, Heel Swivels, Side Rock R, Recover, Side Rock L, Recover.

1 & 2 Kick L forward. Step down on ball of L. Step forward on R.
3 4 Swivel heels R. Swivels heels L back to centre.
5 6 & Side rock R on R. Recover on to L. Step R next to L.
7 8 Side rock L on L. Recover on R.

Walk back x 2, 1/2 Turn R On Heels, Step, Shuffle Forward, Rock Forward.

1 2 Walk back on L, R.
3 4 Lift toes of the floor & pivot 1/2 turn R on the heels. Step forward on L.
5 & 6 Step forward on R. Step L next to R. Step forward on R. (6 O'clock).
7 8 Rock forward on L. Rock back on R.

Step Back, Cross Step, Step Back, Ball Turn 1/4 R, Jazz Box 1/4 Turn R.

1 2 3 Step back on L. Cross step R over L. Step back on L.
& 4 Turn 1/4 R stepping on ball of R next to L. Step forward on L.
5 6 Cross step R over L. Turn 1/4 R stepping back on L.
7 8 Step R to R side. Step forward on L. (12 O'clock).

Shuffle Forward, Rock Forward L, Recover & Rock Forward R, Recover, Full Turn Back Over R.

1 & 2 Step forward on R. Step L next to R. Step forward on R.
3 4 & Rock forward on L. Recover on to R. Step L in next to R.
5 6 Rock forward on R. Recover on to L.
7 8 Turn 1/2 R stepping forward on R. Turn 1/2 R stepping back on L.

Turn 1/4 R, Knee Pops, Cross, Side Touch R, Cross, Side Touch L, Step Back, Touch In front.

1 Turn 1/4 R stepping R out to R side. (3 O'clock).
& 2 Pop both knees forward lifting heels of the floor. Drop heels.
3 4 5 6 Cross step L over R. Touch R out to R side. Cross step R over L. Touch L to L side.
7 8 Step back on L. Touch R toe forward with R knee relaxed.

Hip Bump, R Kick Ball Change, Rock Forward, Turn 1/2 R, Step, Pivot 1/2 Turn R & Touch.

& 1 Bump hips forward & up. Bump hips back. (Weight on L).
2 & 3 Kick R forward. Small step back on ball of R. Step L down in place.
4 5 6 Rock forward on R. Rock back on L. Turn 1/2 R stepping forward on R.
7 & 8 Step forward on L. Pivot 1/2 turn R keeping weight on L & touch R toe next to L instep.

Start Again Enjoy!!!
