

What You Are

拍數: 64 牆數: 2 級數: Intermediate / Advanced
編舞者: Colette Sweeney (SCO) - January 2009
音樂: Womanizer - Britney Spears



32 count intro – start on lyrics

(1-8) Right Kick out out, R sailor step, Left Kick out out, L sailor step

1&2 Kick right forward, step right out to right side, step left out to left side.
3&4 Step right behind left, step left to left side, step right to right side.
5&6 Kick left forward, step left out to left side, step right out to right side.
7&8 Step left behind right, step right to right side, step left to left side.

(9-16) Right rock recover, ¾ turn over right shoulder, Left cross side, L sailor step

1,2 Rock forward on right, recover weight onto left foot
3&4 Make a ¾ turn over right shoulder stepping ½ turn right onto right foot, make ¼ turn right stepping onto left foot. Recover weight back onto right foot .
5,6 Cross left over Right, step right to right side,
7&8 Step left behind right, step right to right side, step left to left side.

(17-24) Right cross point, L Cross point, R kick ball change heel swivel

1,2 Cross right over left point left out to left side
3,4 Cross left over right, point right out to right side
5&6 Kick right out forward, step down onto right, step slightly forward onto left
7,8 Swivel both heels forward and back (weight ends up on right)

(25-32) L kick ball change heel swivel, Right back cross back, ¼ turn L

1&2 Kick Left out forward, step down onto left, step slightly forward onto right
3,4 Swivel both heels forward and back (weight ends up on left)
5&6 Step back on right, cross left over right, step back on right
7,8 Make 1/4 turn left stepping onto left foot, touch right next to left

Restarts come here

(33-42) Right slide ball cross step, sailor ½ turn, left side shuffle, right rock recover

1,2&3,4 Slide right dragging left foot, step down onto left foot, quickly cross right over left step left to left side.
5&6 Step Right behind left, make ¼ Right stepping back onto left foot, ½ turn over right shoulder, step right foot to right side
7&8 Step left foot to left side, step right next to left, step left to left side
1,2 Rock forward right recover weight onto left,

(43-50) Right coaster step, left step ½ pivot (x2), left rock recover

3&4 Step back right, step back left, step right foot forward
5,6,7,8 Step forward Left ½ pivot over right shoulder (x2)
1,2 Rock forward on left, recover back onto right

(51-56) Left coaster cross point ¼ left (x2)touch, R step touch

3&4 Step left back, step right to right side Cross left over right,
5,6 Point right out to right side, ½ turn over right shoulder stepping onto right foot
7,8 Step left to left side, touch right next to left

(57-64) Left step touch, R kick out out, Knee pop

1,2 Step right touch left next to right

3,4 Step left touch right next to left
5&6 Kick right forward, step right to right side, step left to left side.
7,8 Pop right knee in and bring back out.

RESTARTS:

On the 2nd wall only dance counts 1-32 then start again.

On the 5th wall only dance counts 1-32 then start again.
