

# Commander

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Robert Dangerfield (UK) - June 2010  
音樂: Commander - Kelly Rowland : (Single)



## Section 1: Kick ball change, kick ball change, jazz box cross

1&2      Start with weight on left, kick right to right diagonal, step right down, step left next to right  
3&4      (repeat)  
5-6      Cross step right over left, step left back (straightening up to 12.00)  
7-8      step right to right, step left across right

## Section 2: Side rock, crossing shuffle, hinge half turn, quarter crossing shuffle

1-2      Rock right to right side, recover onto left  
3&4      Step right across left, step left behind right, step right across left  
5-6      Step left to left side, half turn stepping right down to right side (6.00)  
7&8      Step left across right, step right behind left, step left forward on new wall (9.00)

## Section 3: Step, scuff, step, scuff, out and in, little jump back, little jump back

1-2      Step right forward, scuff left next to right and through  
3-4      Step left forward, scuff right next to left and through  
&5      Step right out to right side, step left out to left side  
&6      Step right back to centre, step left back to centre  
&7&8      Step right backwards, step left next to right, step right backwards, step left next to right

## Section 4: Right coaster step, left lock step, step half turn, step a quarter turn with bumps

1&2      Step right back, step left next to right, step right forward,  
3&4      Step left forward, step right behind left, step left forward  
5-6      Step right forward, step half a turn left stepping left forward (3.00)  
7&8&8      Step right forward making a quarter turn left and bump right hip to right side, bump left hip to left side, bump right hip to right side, bump left hip to left side (12.00)

## Section 5: Figure of eight step (full turn), with half turn Monterey

1-2      Step right out to right side, step left behind right  
3-4      Quarter turn right, stepping right to right (3.00), step left forward stepping half a turn right (9.00)  
5-6      Step right forward taking weight, point left out to left side  
7-8      Half a turn left stepping left to left, point right out to right side (6.00)

## Section 6: Cross, side, quarter cross shuffle, left rock, recover, right coaster step

1-2      Cross step right over left, step left behind right  
3&4      Step right across left, step left behind right, step right across left making a quarter turn (3.00)  
5-6      Rock left forward, recover onto right  
7&8      Step left back, step right next to left, step left forward

## Section 7: Half turn, point out, step together, full turn, point out step together

1-2      Step right forward making half a turn left taking weight onto left (9.00)  
3-4      Point right to right side, step right next to left  
5-6      Step left across right making half a turn, step right back making half a turn (9.00)  
7-8      point left to left, step left next to right

## Section 8: Right lock step, left rock, recover, three half turns, cross, side

1&2      Step right forward, step left behind right, step right forward

- 3-4 Rock forward on left, recover back onto right
- 5-6-7 Step left back making half a turn, step right forward making half a turn, step left back making half a turn (3.00)
- 8& Cross step right over left, step left to left side.

**Restart on wall 3 (back wall) and wall 5 (front wall). Dance up to end of section 4 (hip bumps) and restart the dance from the back on wall 3 and the front on wall 5.**

**Finish the dance on wall 6 at (3.00) after hip bumps, step out right left and raise arms to diagonals**

---