

Baby One More Time

COPPER KNOB
BY STEPHENETS

拍數: 40 牆數: 4 級數: Beginner
編舞者: Nena Matela (USA) - December 2007
音樂: Baby One More Time - Britney Spears



Alternative: Baby One More Time by Glee Cast

Start dance 16 count in from first heavy drumbeat.

SIDE, CROSS, HEEL SWIVELS

- 1-2 Turn body diagonally right and step right to side, cross left over right
- 3&4 Step right next to left swiveling both heels right-left-right (weight to right)
- 5-6 Turn body diagonally left and step left to side, cross right over left
- 7&8 Step left next to right swiveling both heels left-right-left (weight to left)

(9-16) Repeat 1-8

BACK ROCK AND STEP

- 1&2 Turn body diagonally right and rock right back, recover to left, step right in place
- 3&4 Turn body diagonally left and rock left back, recover to right, step left in place
- 5-8 Repeat 1-4

MONTEREY HALF-TURNS

- 1-2 Touch right to side, step right together turning 1/2 right
- 3-4 Touch left to side, step left together
- 5-6 Touch right to side, step right together turning 1/2 right
- 7-8 Touch left to side, step left together

SAMBA WALK, SAMBA TURN, SAMBA WALKS

- 1a2 Step right forward, rock left back, recover to right
- 3a4 Step left forward, rock right toe back turning 1/4 left, recover to left
- 5a6 Step right forward, rock left toe back, recover to right
- 7a8 Step left forward, rock right toe back, recover to left

REPEAT
