

拍數: 64 牆數: 2 級數: Intermediate 編舞者: Frankie Cull (UK) - May 2011 音樂: But I Am a Good Girl - Christina Aguilera



Alt. music: I'll Take Texas by Vince Gill

TOUCH RIGHT, HITCH ACROSS, TOUCH, FLICK, SHUFFLE FORWARD & 2 WALKS		
1-2	Touch right foot to right side, hitch right knee across in front of left leg	
3-4	Touch right foot to right side, flick right foot diagonally forward (to 2:00)	
5&6	Shuffle forward right-left-right	
7-8	Step forward left, step forward right	

TOUCH LEFT, HITCH ACROSS, TOUCH, FLICK, CROSS OVER, STEP BACK & COASTER STEP

1-2	Touch left foot to left side, hitch left knee across in front of right leg
3-4	Touch left foot to left side, flick left foot diagonally forward (to 10:00)
5-6	Cross left foot over in front of right leg, step back on right foot
7&8	Step back on left foot, step right foot next to left, step forward on left

STEP RIGHT, (CROSS BEHIND, 2 SWITCHES, STEP & TURN ¼ RIGHT, 3 PADDLE ¼ TURNS
1-2	Step right foot to right side, cross left foot behind right
&3	Take small step on right foot to right side, cross left foot in front of right
&4	Take small step on right foot to right side, cross left foot behind right
5	Turn ¼ right & step forward on right foot
&6	Step forward onto ball of left foot (&), turn 1/4 right & replace weight back onto right
&7	Step forward onto ball of left foot (&), turn 1/4 right & replace weight back onto right
&8	Step forward onto ball of left foot (&), turn 1/4 right & replace weight back onto right

STEP LEFT, CROSS BEHIND, 2 SWITCHES, STEP & TURN 1/4 RIGHT, 3 PADDLE 1/4 TURNS

1-2	Step left foot to left side, cross right foot behind left
&3	Take small step on left foot to left side, cross right foot in front of left
&4	Take small step on left foot to left side, cross right foot behind left
5	Turn 1/4 left & step forward on left foot
&6	Step forward onto ball of right foot (&), turn 1/4 left & replace weight back onto left
&7	Step forward onto ball of right foot (&), turn 1/4 left & replace weight back onto left
&8	Step forward onto ball of right foot (&), turn 1/4 left & replace weight back onto left

2 SAILORS BACK, JUMP FORWARD (RIGHT, LEFT), 3 HEEL BOUNCES

1&2	Cross right foot behind left, open left foot to left side open right to right side
3&4	Cross right left behind right, open right foot to right side open left to left side
&5	With a little jump, step forward right foot & step left foot next to right
6-8	Bounce heels 3 times

SWAY DIAGONALLY FORWARD & BACK, CHASSIS RIGHT TURNING 1/4 RIGHT, PIVOT 1/2 RIGHT		
1-2	Rock forward onto right foot to 2 0'clock (with body facing slightly left), & recover back onto left	
3-4	Rock back onto right foot to 5 o'clock (with body facing slightly right), & recover forward onto left	
5&6	Step right foot to right side, bring left foot next to right, step right to right side turning ¼ turn right	
7-8	Plonk left foot forward & pivot ½ right	

STEP KICK TWICE, 3/4 TURNING GRAPEVINE

1-2	Angling body to 12 o'clock as you travel to 9 o'clcock wall, step left foot forward, kick right foot	
3-4	Step right foot forward & kick left foot	
5-8	Step left foot fwd to 9 o'clock, turn ½ left as you step back on right, turn ¼ left & step laft to side, touch right next to left (ending up facing 12 o'clock)	
STEP SLIDE RIGHT, TURN ½ RIGHT, STEP SLIDE LEFT, TWIST TO RIGHT, HEELS, TOES, HEELS, & JUMP		
1-2	Take large step to right side with right foot, slide left foot to right	
3-4	Turn ½ right & take large step to left side with left foot, slide right foot to left	
5-8	Twist both heels right, both toes right, both heels right, small jump both feet to right	
ENDING on 5th wall, facing front, dance up to & including count 24. Then:-		
1-4	Step left to left side, bump hip to left. Step right to right side, bump right hip to right	
5	Hold	
&6-7 8	Step ball of left foot to the back, recover weight on right foot, step left foot forward Stomp right foot forward & throw arms out & up to rapturous applause from the cheering audience ;-)	