

Un poquito EGOISTA (A wee bit selfish)

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Improver
編舞者: Forty Arroyo (USA) - October 2011
音樂: Selfish - Britney Spears



Starts on vocals.

Hayloft Floor Split for the intermediate dance by J Warren & C Bennett – “Be A Little Selfish”

TOUCH, HEEL SWIVELS, STEP, SIDE, CROSS, SIDE (end at 12 o'clock)

1-3 Touch R forward, Swivel heels R, Swivel heels L (weight on L)
4-6 Cross R over L, Step back on L, Step R to side
7,8 Cross L over R, Step R to side

ROCK, RECOVER, CHASSE', ROCK, RECOVER, STEP PIVOT ¼ L (end at 9 o'clock)

1,2 Rock back on L, Recover on R
3&4 Step L to side, Step R next to L, Step L to side
5,6 Rock back on R, Recover on L
7,8 Step forward on R, Pivot ¼ to left – shifting weight to L

TOE HEEL STRUTS, BACK, TOGETHER, HEELS SWIVELS

1-4 Touch R toe forward, Drop R heel, Touch L toes forward, Drop L heel
(for styling – push hips forward when touching forward – and to center when dropping heels.)
5,6 Big giant step back on R – right diagonal, Step L next to R
7,8 Swivel heels to L, Swivel heels to R (weight on R)

FWD, TOGETHER, HEEL SWIVELS ,STEP PIVOTS ¼ (end at 6 o'clock)

1,2 Big Step forward on L- left diagonal, Step R next to L
3,4 Swivel heels to L, Swivel heels to R (weight on L)
5,6 Step forward on R, Pivot 1/8 to left
7,8 Step forward on L, Pivot 1/8 to left (weight on L)

Repeat – Have Fun!!
