I Don't Need It (Slide)

級數: Improver

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音樂: I Don't Need It - Jamie Foxx : (CD: Intuition)

拍數: 64

SIDE TOUCH, TOGETHER, SIDE TOUCH, HITCH, CROSS, (TWICE RIGHT, LEFT)

- Touch right to side, touch right together, touch right to side 1&2
- 3-4 Hitch right knee, cross right over left
- 5&6 Touch left to side, touch left together, touch left to side
- 7-8 Hitch left knee, cross left over right

SIDE TOUCH, TOGETHER, SIDE TOUCH, HITCH, CROSS, (TWICE RIGHT, LEFT)

- 1&2 Touch right to side, touch right together, touch right to side
- 3-4 Hitch right knee, cross right over left
- 5&6 Touch left to side, touch left together, touch left to side
- 7-8 Hitch left knee, cross left over right

SIDE BALL PRESS, CROSS BACK, (X4 RIGHT, LEFT, RIGHT, LEFT)

- 1&2 Rock right diagonally back, recover to left, step right together
- 3&4 Rock left diagonally back, recover to right, step left together
- 5&6 Rock right diagonally back, recover to left, step right together
- 7&8 Rock left diagonally back, recover to right, step left together

TOUCH, TOUCH, SAILOR, TOUCH, TOUCH, SAILOR

- Touch right forward, touch right to side 1-2
- 3&4 Right sailor step
- 5-6 Touch left forward, touch left to side
- 7&8 Left sailor step

STEP TURN LEFT TWICE, HITCH, STEP BACK, HIP ROLL

- Step right forward, turn 1/2 left (weight to left) 1-2
- Step right forward, turn 1/2 left (weight to left) 3-4
- Hitch right knee, step right back 5-6
- 7-8 Body roll forward

LEFT SAILOR, RIGHT SAILOR, CROSS, SIDE, CROSS, HEEL JACK, HOLD

- 1-2 Body roll forward
- 3&4 Left sailor step
- 5&6 Right sailor step
- 7&8 Cross left behind right, step right to side, cross left over right

BALL CROSS, HOLD, TOUCH BACK TWICE, STEP, TOGETHER & CLAP

- &1-2 Step right to side, touch left heel diagonally forward, hold
- &3-4 Step left together, cross right over left, hold
- 5-6 Touch right back twice (shimmy)
- 7-8 Step left together, clap

RIGHT SHUFFLE FORWARD, LEFT BALL TOUCH IN FRONT, TOGETHER, RIGHT BALL TOUCH WITH 1/2 CIRCLE, TOGETHER

- Chassé forward right, left, right 1&2
- 3-4 Touch left forward, step left back





牆數: 2

- 5& Hitch right knee, turn 1/6 right and touch right to side
- 6& Hitch right knee, turn 1/6 right and touch right to side
- 7& Hitch right knee, turn 1/6 right and touch right to side, You will have completed ½ turn
- 8 Touch right together

REPEAT