

Music

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Bronya Bishorek (MY) - February 2012
音樂: Don't Stop the Music - Rihanna



Count In : 64 cts - Sequence : AAA BB AA BB C A BB C+½

PART A (32 counts)

WALKS - SLOW, SLOW, QUICK, QUICK, QUICK, CHA CHA CHA

- 1-4 Walk f/wd LF, hold, walk f/wd RF, hold
- 5-7 Walk f/wd - LF, RF, LF
- 8&1 Cha cha lock step f/wd - RF, LF, RF

FORWARD, SIT, CROSS POINT, CROSS POINT, PADDLE ROLL

- 2-3 Step f/wd LF, ½ pivot turn R (weight remains on LF) & sit
- 4-5 Stand up and step RF across [5:00], point LF to L
- 6-7 Step LF across [7:00], point RF to R
- 8&1 ¼ turn L & point RF to R [3:00], ¼ turn L & point RF to R [12:00]

(Roll your hips ACW as you perform this step to make it sexier)

CROSS, DRAG, CHA CHA CHA, PREP, SPIN, SAILOR STEP

- 2-3 Step RF across [11:00], 3/8 pivot turn R (weight remains on RF) & pull L toe next to R heel [3:00]
- 4&5 Cha cha lock step f/wd - LF, RF, LF
- 6-7 Step f/wd RF (prepare shoulders for R turn), ¾ spin turn R [12:00] (finish with weight on LF)
- 8&1 Sailor step - RF, LF, RF

CROSS, HITCH, CROSS BALL HALF, CROSS, SWEEP, SAILOR STEP

- 2-3 Step LF across [1:00], ¼ pivot L (weight on LF) & hitch R knee [11:00]
- 4&5 Step RF f/wd [11:00], step ball of LF next to R heel, turn more then 5/8 R & step RF f/wd [6:00]
- 6-7 Step LF across [7:00], recover on RF & sweep LF from front to back
- 8& Step LF behind & across R, step RF next to L

(This is like a sailor step that then joins onto whatever the next part is on the count of 1)

PART B (32 counts)

CROSS SIDE STEP, CROSS SIDE STEP, CROSS SIDE STEP, CROSS TURN RIGHT

- 1&2 Step LF across [1:00], step RF to R side, step LF in place
- 3&4 Step RF across [11:00], step LF to L side, step RF in place
- 5&6 Step LF across [1:00], step RF to R side, step LF in place
- 7-8 Step RF across [11:00], 5/8 pivot turn R & drag L toe to R heel [6:00]

(Weight remains on RF)

CROSS SIDE STEP, CROSS SIDE STEP, CROSS SIDE STEP, CROSS TURN RIGHT

(On opposite wall)

- 1&2 Step LF across [1:00], step RF to R side, step LF in place
- 3&4 Step RF across [11:00], step LF to L side, step RF in place
- 5&6 Step LF across [1:00], step RF to R side, step LF in place
- 7-8 Step RF across [11:00], 5/8 pivot turn R & drag L toe to R heel [6:00]

(Weight remains on RF)

CROSS HIP BUMP, CROSS HIP BUMP, WALK, WALK, HIP FLICK, HIP FLICK

- 1&2 Step LF across [1:00], step ball of RF next to L, step LF in place

(Flick your hip on the count of '&')

3&4 Step RF across [11:00], step ball of LF next to R, step RF in place

(Flick your hip on the count of '&')

5-6 Cross walk f/wd - LF [1:00], RF [11:00]

7&8 ¼ turn R [3:00] & point LF to L while flicking hip, pull in LF, ¼ turn R [6:00] & point LF to L

CROSS HIP BUMP, CROSS HIP BUMP, WALK, WALK, HIP FLICK, HIP FLICK

(On opposite wall)

1&2 Step LF across [1:00], step ball of RF next to L, step LF in place

(Flick your hip on the count of '&')

3&4 Step RF across [11:00], step ball of LF next to R, step RF in place

(Flick your hip on the count of '&')

5-6 Cross walk f/wd - LF [1:00], RF [11:00]

7&8 ¼ turn R [3:00] & point LF to L while flicking hip, pull in LF, ¼ turn R [6:00] & point LF to L

PART C (32 counts)

F/WD ROCK, CHA CHA TURN, F/WD ROCK, CHA CHA HALF

1-2 Step f/wd LF, recover back RF

3&4 ½ turn L step f/wd LF [6:00], ½ turn L step b/wd RF [12:00], ½ turn L step f/wd LF [6:00]

5-6 Step f/wd RF, recover back on LF

7&8 ¼ turn R step RF to R, step LF next to R, ¼ turn R step RF f/wd

CROSS BOX ¼ SIDE, CROSS BOX ¼ SIDE

1-2 Step LF across, step RF back

3-4 ¼ turn L step LF f/wd [9:00], step RF to side

5-6 Step LF across, step RF back

7-8 ¼ turn L step LF f/wd [6:00], step RF to side

F/WD ROCK, CHA CHA TURN, F/WD ROCK, CHA CHA HALF

(On opposite wall)

1-2 Step f/wd LF, recover back RF

3&4 ½ turn L step f/wd LF [6:00], ½ turn L step b/wd RF [12:00], ½ turn L step f/wd LF [6:00]

5-6 Step f/wd RF, recover back on LF

7&8 ¼ turn R step RF to R, step LF next to R, ¼ turn R step RF f/wd

CROSS BOX ¼ SIDE, CROSS BOX ¼ SIDE

1-2 Step LF across, step RF back

3-4 ¼ turn L step LF f/wd [9:00], step RF to side

5-6 Step LF across, step RF back

7-8 ¼ turn L step LF f/wd [6:00], step RF to side

HAVE FUN !

For a more challenging workout, try this sequence which starts on the word 'music' in the beginning of the song "Please don't stop the music....."

Challenge sequence : BB AAA BB AA BB C A BB C+½
