

拍數: 48 牆數: 2 級數: Improver
編舞者: Laurie Schlekeway-Burkhardt (USA) - August 2014
音樂: A.M. - Chris Young



or "Do What You Want" by Lady Gaga

[1-8] – Walk right left, Shuffle Right, Rock ½ turn, Shuffle left

1-2 walk forward right, left
3&4 shuffle right, left, right
5-6 rock forward on left, rock back on right
7&8 making a half turn to the left, shuffle left, right, left

[9-16] – Kick and out, Kick and out, hip bumps

1&2 kick right foot forward (1), step center on right (&), kick left foot out to left side
3&4 kick left foot forward (1), step center on left (&), kick right foot out to right side
&5-8 after kicking out to the right side, hitch right knee toward the left knee (&), step right foot out to right side with 4 hip bumps to the right (5-8)

[17-24] – Shuffle to the left, Kick and toe, Swivel ½ turn, Coaster step

1&2 shuffle to the left – left (1), right (&), left (2)
3&4 kick right foot forward (3), step right foot center (&), step left toe slightly back (4)
5&6 with weight center, swivel heels right (5), left (&), right (6) while make a half turn to the left
7&8 coaster step – step left foot slightly behind right (7), step right foot in place (&), step left foot slightly forward (8)

[25-32] – Toe, Cross, Toe, Cross, Rock, Recover, ¼ turn to right, Pause

1-4 touch right toe out to right side (1), cross right foot slightly over left and step down (2), step left toe out to side (3), cross left foot slightly over right (4)
5-6 rock forward on the right foot, recover on left
&7-8 making a ¼ turn to the right, straddle feet shoulder width apart starting with the right foot (&), stepping down on left (7), and pause (8)

[33-40] – Body roll to the right, Body roll to the left, Shuffle, Swivel

1-2 Body roll to the right
3-4 Body roll to the left
5&6 shuffle forward, right, left right
7&8 swivel in place, heels left (7), heels right (&), heels left (8)

[41-48] - Rock and ¼ turn recover, Rock and recover, Points, Heel hitch

1&2 rock forward on right (1), recover on left (&), make ¼ turn to right recover on right foot (2)
3&4 rock forward on left (3), recover on right (&), step left center (4)
5&6 point right toe out to right side (5), hitch knee up toward left knee (&), point right toe out to right side
7-8 put right heel out in front, hitch right foot over left leg

Start over with the walk

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