

# The "C" Word

Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Brenna Stith (USA) - July 2015

Musique: The C Word - Laura Bell Bundy



## #16 count intro

### DIAGONAL STEP, STEP TOGETHER, BOUNCE HEELS X 2, DIAGONAL STEP, STEP TOGETHER, BOUNCE HEELS X 2

- 1 2 Step R to diagonal, Step L beside R  
&3&4 Raise up on the ball of your feet, Return to your heels, Raise up on the ball of your feet, Return to your heels  
5 6 Step L to diagonal, Step R beside L  
&7&8 Raise up on the ball of your feet, Return to your heels, Raise up on the ball of your feet, Return to your heels

### OUT, OUT, IN, IN, PIVOT ¼ TURN X2

- 1 2 3 4 Step R out to side, Step L out to side, Step R in, Step L in  
5 6 7 8 Step fwd on R, Make a 1/4 turn placing weight onto L, Step fwd on R, Make a 1/4 turn placing weight onto L (Roll your hips with each pivot)

### CROSSING SHUFFLE, SIDE ROCK RECOVER, CROSSING SHUFFLE, SIDE ROCK RECOVER

- 1 & 2 Cross R over L, Step L to side, Cross R over L  
3 4 Rock L to side, Recover weight onto R  
5 & 6 Cross L over R, Step R to side, Cross L over R  
7 8 Rock R to side, Recover weight onto L

### FWD HIP BUMPS X2, ¼ TURN JAZZ SQUARE

- 1 & 2 Step R fwd as you bump R hip to the diagonal, Bring hip back to center, Place weight onto R  
3 & 4 Step L fwd as you bump L hip to the diagonal, Bring hip back to center, Place weight onto L  
5 6 7 8 Cross R over L, Make a ¼ turn stepping L back, Step R to side, Cross L over R
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