Chelsea Rodgers



Compte: 32 Mur: 4 Niveau: Intermediate

Chorégraphe: Hillary Kurt (UK) & Gary Steele (UK) - September 2007

Musique: Chelsea Rodgers - Prince : (Album: Planet Earth)



Intro: Count 32 beats after the phrase "Role Model", then start the dance.

Section 1 - Step Hitch, Sailor Step, Swivel 1/4 Right, Sailor Step.

1-2 Step right to right side, hitch left knee up and out to left side.3&4 Step left behind right, step right to right side, step left to left side.

5&6 Swivel heels left, right, left; making a ¼ turn right. Weight ends up on left.

7&8 Step right behind left, step left to left side, step right to right side.

Section 2 - Funky Walks With Knee Rolls, Jump Out & Backwards x2, Heel Bounce x2.

1-4 Walking forward left, right, left, right. As you walk, roll knees in and out, left and right.

&5&6 Travelling backwards, jump out stepping left, right x2.

7-8 Bounce heels x2 ending with weight on left.

Section 3 - Heel Push x2 & Point & Cross, Bounce x2 ½ Left, Back Rock Scuff.

1-2 Raise and push right heel diagonally across left twice.

Step right to right side, point left to left side, step down on left, cross right over left.

Bounce heels twice for a ½ turn over left shoulder, ending with weight on right.

7&8 Rock back onto left, recover weight onto right, scuff left forward.

Section 4 - Hip Bumps x2, Forward Mambo, Back Rock Scuff.

1-2 Placing left to left side, bump hips left x2.

3-4 Bump hips right x2.

Rock left forward, recover onto right, step left next to right.

Rock back onto right, recover onto left, scuff right forward.

Begin again

Fade music out when exhaustion sets in!