Still Dirrty (依然下流) (zh)

拍数: 48 **墙数:** 4 **级数:** Intermediate

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音乐: Still Dirrty - Christina Aguilera : (CD: Back to Basics)

前奏： 8 counts (start with feet shoulder width apart)

第一段 **Knee Pops, Jump apart, Hitch & Touch, Sweep Ball Cross**
弓膝, 跳踏, 抬 & 點, 繞踏交叉

1 & Pop right knee lifting right heel, pop left knee lifting left heel
抬起右足踵右膝弓起, 抬起左足踵左膝弓起

2, 3 Drop both heels down, pushing hips forward, hold
雙足踵踏下推臀向前, 候

& 4 Jump back slightly, stepping right to right side and left to left side (略向後跳踏)右足右踏, 左足左踏

5 & 6 Hitch right, step down on right, touch left in front of right (keeping left leg straight) 右足抬起, 右足踏, 左足於右足前點(左腿伸直)

7 Sweep left behind right (keeping left leg straight)
左足繞至右足後(左腿伸直)

& 8 Step down on left, step right across left
左足踏, 右足於左足前交叉踏

第二段 **Rock & Cross, Cross ¼ Turn, Right Coaster, Rock & Kick**
下沉 & 交叉, 交叉轉1/4, 右海岸步, 下沉 & 踢

1 & Rock left to left side, recover weight to right
左足左下沉, 右足回復

2 Step left across right kicking right out to right side
左足於右足前交叉踏右足向右踢

3, 4 Step right across left, turn ¼ right stepping back on left
右足於左足前交叉踏, 右轉90度左足後踏

5 & 6 Step back on right, step left next to right, step forward on right
右足後踏, 左足併踏, 右足前踏

7 & 8 Rock forward on left, recover weight to right, step left next to right kicking right forward 左足前下沉, 右足回復, 左足併踏右足前踢

第三段 **Rock Steps, Touch Right ½ Turn, Scuff Out Out, Knee Pops, Turn, Step 下沉踏, 點右轉1/2, 擦踢外外, 弓膝, 轉, 踏**

1 & Step back on right lifting left, recover/rock weight forward on left lifting right 右足後踏抬左足, 左足回復抬右足

2 Recover/rock weight back on right lifting left 右足後回復抬左足

3, 4 Step back on left, touch right toe back 左足後踏, 右足趾後點

5 Keeping weight on left, turn ½ turn right scuffing right forward
重心在左足右轉180度右足前擦踢

& 6 Step right to right side, step left to left side 右足右踏, 左足左踏

& 7 Pop right knee in towards left knee, pop right knee out transferring weight to right 右膝弓向左膝, 右膝轉向外(重心在右足)

& 8 Turn ¼ right flicking left foot back, step left next to right
右轉90度左足向後輕勾, 左足併踏

第四段 **Hip Sways, Ball Cross, ¼ Turn, Side & Cross, ¼ Turn Right, ¼ Turn Right 擺臀, 踏交叉, 轉1/4, 側 & 交叉, 右轉1/4, 右轉1/4**

1 & 2 Small step right to right side swaying hips right, then left, long step right to right side 右足右踏右擺臀, 左足左踏左擺臀, 右足右一大步

3 & 4 Hold, step left next to right, step right across left
候, 左足併踏, 右足於左足前交叉踏

5 & 6 Turn ¼ right stepping back on left, step right to right side, step left across right 右轉90度左足後踏, 右足右踏, 左足於右足前交叉踏

7 Turn ¼ right stepping forward on right 右轉90度右足前踏

8 Turn ¼ right stepping left foot to left side 右轉90度左足左踏

第五段 **Touch Step, Touch Step, Touch Right Shuffle, Step ½ Turn Step, Full Turn 點踏, 點踏, 點右交換步, 踏轉1/2踏, 轉圈**

& 1 Touch right next to left, step right diagonally forward right
右足併點, 右足右斜角線前踏

& 2 Touch left next to right, step left diagonally forward left
左足併點, 左足左斜角線前踏

& 3 & Touch right next to left, step forward on right, step left next to right 右足併點, 右足前踏, 左足併踏

4 Step forward on right 右足前踏

5 & 6 Step forward on left, pivot ½ turn right, step forward on left
左足前踏, 右轉180度, 左足前踏

7, 8 Turn ½ left stepping back on right, turn ½ left stepping forward on left 左轉180度右足後踏, 左轉180度左足前踏

第六段 **Right Shuffle, Kick Turn Point, ¼ Turn, ½ Turn, Kick Out Out**
右交換, 踢轉點, 轉1/4, 轉1/2, 踢外外

1 & 2 Step forward on right, step left next to right, step forward on right
右足前踏, 左足併踏, 右足前踏

3 & 4 Kick left forward, turn ¼ left stepping left to left side, point right toe to right side 左足前踢, 左轉90度左足左踏, 右足趾右點

5, 6 Turn ¼ right stepping forward on right, turn ½ right stepping back on left 右轉90度右足前踏, 右轉180度左足後踏

7 Kick right forward 右足前踢

& 8 Step right to right side, step left to left side (shoulder width apart) 右足右踏, 左足左踏(與肩同寬)