Singleton



拍数: 72 墙数: 4 级数: Intermediate

编舞者: Lady Lee (UK)

音乐: Single - Natasha Bedingfield



OUT, IN, OUT, CROSS SHUFFLE, TURN, TURN, KICK & CROSS

1&2	Touch right to right side.	touch right next to left.	touch right to right side

3&4 Cross right over left, step left to left, cross right over left

5-6 Step back on left making ¼ turn right, step forward on right making a ¼ turn right

7&8 Kick left forward, bring left back to place, cross right over left

TOUCH, KICK, COASTER 1/4 TURN, POINT, HITCH 1/4 TURN, STEP, SIT DOWN, STAND UP

1-2 Touch left diagonally forward-dipping body downwards-bending right knee, kick left forward-

straightening body up

Step left behind right, step on right making a ¼ turn left, place left next to right point right to right, hitch right knee making a ¼ turn left, step right in front of left

7&8 Pushing bottom out-as if to sit down, then straighten body up

& WALK, WALK, KICK, TURN 1/4 LEFT, BUMP, BUMP, CROSS, BACK, SIDE

&1-2	Bring right back to place, step forward left, step forward right
3-4	Kick left forward, step left to left side as you make a ¼ turn left

5-6 Bump hips left, bump hips right

7&8 Cross left over right, step right to right side making a ¼ turn left, step left next to right

RIGHT SHUFFLE, FULL TURN RIGHT, POINT, CROSS, UNWIND 34, HOLD

1&2	Step forward right, step left behind right, step forward right
IXZ	Step forward right, Step left berning right, Step forward right

3-4 Step forward left making ½ turn right, step forward right making ½ turn right

5-6 Point left to left side, cross left over right

7-8 Unwind ¾ turn right, hold

RIGHT SHUFFLE, ROCK STEP, TURN ½, TURN ½, COASTER ¼ TURN LEFT

1&2	Step right forward, step left behind right, step right forward
102	otep right forward, step felt berning right, step right forward

3-4 Rock forward on left, recover weight onto right

5-6 Step left forward making ½ turn over left shoulder, step right back making ½ turn over left

shoulder

7&8 Step left behind right, step right next to left making a ¼ turn left, step left next to right

STEP, TOUCH, STEP, TOUCH, KICK BALL STEP, SIT DOWN, STAND UP

1-2	Step forward diagonally right, slide left to right & touch left next to right
3-4	Step forward diagonally left, slide right to left & touch right next to left
5&6	Kick right forward, place right next to left, step forward on left
7&8	Pushing bottom out-as if to sit down, then straighten body up

TRIPLE ¾ TURN LEFT, KICK, STEP BACK LEFT, RIGHT, KICK & KICK & STEP, TOUCH

1&2	Triple ¾ turn over left shoulder on right, left, right
3&4	Kick left forward, step back on left, step back right
5&6	Kick right forward, bring right back to place, kick left forward
& 7-8	Bring left back to place, step long step to right with right, slide & touch left next to right

KICK BALL STEP, KICK 1/2 TURN LEFT, STEP, KICK & KICK & STEP, STEP

1&2	Kick left forward, place left next to right, step forward on right
3&4	Kick left forward, ½ turn over left shoulder, place left next to right

5&6 Kick right forward, place right next to left, kick left forward

&7-8 Bring left back to place, step long step to right with right, slide & place left next to right

BUMP HIPS RIGHT, LEFT, RIGHT, BUMP HIPS LEFT, RIGHT, LEFT, SAILOR ½ TURN RIGHT, LEFT COASTER STEP

1&2 Stepping slightly forward on right bump hips right, left, right 3&4 Stepping slightly forward on left bump hips left, right, left

Step right behind left, place left next to right making ½ turn over right shoulder, place right

next to left

7&8 Step back on left, step back on right, step forward on left

REPEAT