

Enslaved

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Morgan Ratcliffe (USA) & Bryan McWherter (USA)
音乐: I'm a Slave 4 U - Britney Spears



Sequence: A, Tag, AAA, Tag, Tag, AAA, Tag, Tag, A, MORGAN'S BIG FINISH!

PART A

ATTITUDE WALKS RIGHT, HOLD, LEFT, RIGHT, LEFT, HOLD

1-2 Step right foot forward crossing over left, hold
3-4 Step left foot forward crossing over right, step right foot forward crossing over left
5-6 Step left foot forward crossing over right, hold
7& Rock right foot slightly behind left, recover forward onto left
8 Right long step to right side

ROCK, RECOVER, ¼ TURN STEP, ¼ TURN STEP, ROCK, RECOVER, TOUCH, ROCK, RECOVER, ROCK, RECOVER, BRUSH, STEP, TOUCH

1& Rock left foot slightly behind the right, recover weight forward onto right
2& Step left foot ¼ turn to the left, step right foot forward ¼ turn to the left

Should now be facing wall opposite line of dance

3& Rock left foot slightly behind right, recover weight forward onto right
4 Touch left toe out to left side
5& Rock left foot forward, recover back onto right
6& Rock left foot back, recover forward onto left
7& Brush left foot slightly forward, step left foot slightly forward
8 Make a ¼ turn to your left touching right toe out to right side

Count & after count 7 you should make your upper body face left wall. On count 8 you should be facing ¼ right from line of dance.

STEP, HOLD, STEP, HOLD, TAP, TAP, TAP, STEP, STEP, HOLD

1-2 Step right foot to right side, hold
3-4 Cross left over right, hold
5& At right diagonal forward tap right toe
6 Tap right toe putting weight on it
&7 Step left back into place, step right foot shoulder width apart
8 Settle in place

ROCK, RECOVER, ROCK, RECOVER, ROCK, RECOVER, STEP, STEP, ¼ TURN HITCH, TOUCH BACK, ¼ TURN

1& Cross rock right in front of left, recover weight back onto left
2& Rock right foot out to right, recover weight back to left
3& Cross rock right in back of left, recover weight forward onto left
4 Step right foot to right side
5-6 Step left to left side, pivot on left foot ¼ turn to left hitching right knee
7 Touch right toe back fully extending leg
8 Make a ¼ turn to the right on the ball of your left foot keeping right toe pointed

Styling option: on count 8 when doing your ¼ turn right, whip your head back to the wall tilting it slightly to the right.

16 COUNT TAG:

BUMP, BUMP, STEP, ROCK, RECOVER, STEP BUMP, FULL HIP CIRCLE

&1 Bump right hip to right two times

&2 Step left foot to left side, rock right foot behind left
&3 Recover weight back to left, step right to right side and bump right hip to right side

Your upper body should be facing at a right diagonal

4 Forcefully bump your left hip out to left side

Your upper body should be facing at a left diagonal

5-8 Make a full circle with your hips back from left to right then forward from right to left settle into your left hip on count 8

Make sure weight is on left on count 8

STEP, ROCK, HOLD, STEP, ROCK, STEP, ROCK, STEP, SHOULDER PUSHES

1&2 Step right foot to right side, rock left foot slightly behind right, hold

3& Step left foot to left side, rock right foot slightly behind left

4& Step left foot in place, slightly rock back onto the ball of your right foot

5 Step left foot slightly forward

6 Pull shoulders back and push chest out

7-8 Repeat 6 two times

Styling option: on counts 6-8 put your right hand in front of your body palm facing you. Everytime you push your chest forward slightly pull forward with your hand. This will give the effect that you are pulling your chest out. Remember. It's an option!

MORGAN'S BIG FINISH!

When using Britney Spears on last 4 counts of the song, using major attitude (this is Morgan's part!) Hit a Britney Pose and say "like that!"
