Don't Waste The Music



编舞者: Guyton Mundy (USA) 音乐: Dirrty - Christina Aguilera



Sequence: AAAAAA BB C AAA

PART A

SCUFF, CROSS, HITCH, ½ TURN, STEP, FORWARD SAILOR (TWICE)

Scuff right foot forward, cross right foot back over left, hitch right leg up beside left

Touch right foot behind left foot, do ½ turn to the right shifting weight to the right foot

5-6&7 Step forward on left, step right behind left, step side left, step forward right

Step left behind right, step side right, step forward on left

SCUFF, ½ TURN, SHOULDER BUMPS, FORWARD SAILOR, CROW STEPS

&2 Scuff right foot forward, make a ½ turn to left while stepping down on right

3&4 Shoulder bumps right, left, right, shifting your weight to the left on

5&6 Step right behind left, step side left, step forward right

7-8 Step left behind right, step right behind left, (when stepping back lift leg up and step behind)

CROW WALK, 34 TURN, BACK STEP, DRAG, SHUFFLE, STEP, 12 TURN BODY POP

1-2 Lift left leg up and set behind right, 3/4 turn to the left

3-4 Step back on left, drag right to left 5&6 Shuffle forward left, right, left

7&8 Step forward on right, bring left heel to right heel while doing a ¼ turn to the left, take right

heel out to right while doing 1/4 turn to left

TOUCH, STEP, TOE POINT, BEHIND, ½ TURN, SCUFF, STEP, STEP, BODY ROLL

1-2 Touch left foot back, step forward on left

&3-4 Point right toe out to right side, place right foot behind left, make ½ turn to right

Scuff left foot forward, step down on left, step together with right

7&8 Body roll down then up

PART B

WALK BACKS, FULL TURN, WALK FORWARD

1-2	Step right behind left, step left behind right
3-4	Step right behind left, place left behind right
5-6	Full turn to the left, step forward on right
7-8	Step forward on left, step forward on right

STEP, ROCK/RECOVER ½ TURN, STEP, FORWARD SAILOR (TWICE)

1-2	Step forward	d on left, rock	t forward on left	(with knee bent)
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3-4 Recover on right, with ¼ turn to right, ¼ turn to right while stepping on left

left left

Step right behind left, step together with left, step forward on right

Step left behind right, step together with right, step forward on left

PART C

1 1/2 WALK AROUND

1-2	Step back to right with right, ¼ turn to left stepping on left
3-4	1/4 turn to left stepping on right, 1/4 turn to left stepping back on
5-6	1/4 turn to left stepping on right, 1/4 turn to left stepping back on

7-8 ½ turn to left stepping on right, step forward on left

WALKS, BODY ROLL

1-2 Step forward on right, step together with left

3-4 Body roll down, then up