

Technique

拍数: 0 墙数: 4 级数: Phrased Beginner
编舞者: Marie-Theres Dorner (AUT) - September 2008
音乐: Piece of Me - Britney Spears



Intro: 16 Counts

Sequence: AAA-B-AAA-B-AAAAA

Part A (32 Counts)

Two-x Toe-Heel-Flick-Touch-Hitch-Step

- 1&2&3&4 Right toes touch together, Right heel touch together, RF flick diagonally back, RF cross touch over LF, RF hitch, step down on the RF, hold (weight on RF)
5&6&7&8 Left toes touch together, Left heel touch together, LF flick diagonally back, LF cross touch over RF, LF hitch, step down on the LF, hold (weight on LF)

Triple Step, Coaster Step, Cross, Step Back with ¼ turn, Step Back, Coaster Step

- 1&2 RF step to the R-side, LF next to RF, RF step to the R-side
3&4 LF step diagonally back (to the right), RF together, LF step diagonally fwd. (weight on LF)
&5-6 RF cross over LF, LF step back with a ¼ turn to the left side, RF step back (3:00)
7&8 LF step back, RF together, LF step fwd.

Four-x Swivel, Triple Step, Step Forward

- 1-2 RF swivel diagonally fwd. right, LF swivel diagonally fwd. left
3-4 RF swivel diagonally fwd. right, LF swivel diagonally fwd. left
5&6 RF step fwd., LF step next to RF, RF step fwd.
7&8 LF step fwd., right shoulder up, right shoulder down and left up (weight chance on the RF)

Lock Step back, Sweep with ½ turn, Point, Together, 4x Hop back

- 1&2 LF step back, RF lock over LF, LF step back
3&4& RF sweep with a ½ turn to the right and touch together, LF point to the left side, LF together (weight on LF) (9:00)
5&6 Jump back on the RF- LF is in the air, Jump back on the LF-RF is in the air
&7-8 Jump back on the RF-LF is in the air, Jump back on the LF-RF is in the air, RF touch together

Part B (16 Counts)

Grapevine, Circle with 4 Steps

- 1-2 RF step to the right side, LF cross behind RF
3-4 RF step to the right side, LF touch next to RF
5-6, 7-8 Walk a full circle beginning with the LF (LF-RF-LF), RF touch next to LF (9:00)

Apple Jacks, Cross Over, Hold, Full Turn

- 1&2& R & L Apple Jacks
3&4& R & L Apple Jacks
5-6 RF cross over LF, hold
7-8 Full turn

At the end weight on the LF

DANCE AND FEEL IT!

