

La Femme Nikita

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Michael Lynn (UK) - June 2009
音乐: Nikita - Elton John : (Album: Greatest Hits - 5:42)



(32 count intro, 85bpm)

TOE-HEEL-CROSS-TOUCH, STEP-KICK, RIGHT COASTER STEP, LEFT LOCKSTEP

1& Dig right toe to left instep, touch right heel to left instep,
2& Cross right in front of left, cross touch left behind right,
3-4 Step back left, kick right foot forward,
5&6 Step back right, step together, step forward right,
7&8 Step forward left, lock right behind left, step left forward.

FORWARD/BACK TOUCH, TWIST 1/4 RIGHT, FORWARD TOUCH, SIDE TOUCH, TWIST 1/4 LEFT, SIDE SWITCHES

1-2 Touch right forward, touch right back,
3-4 Twist 1/4 right (transferring weight to right), touch left toe forward,
5-6 Touch left toe to left side, twist 1/4 left,
7&8 Touch left to left side, replace left beside right, touch right to right side.

BACK ROCK RECOVER, SYNCOPATED FULL PIVOT TURN, SWEEP, WEAVE RIGHT, STEP-PIVOT 1/4 LEFT

1-2 Rock back right, recover left,
3&4 Step right forward, pivot 1/2 turn left (keeping weight onto left), step right 1/2 left while sweeping left,
5&6 Continue the sweep to step left behind right, step right to right side, cross left over right,
7-8 Step right to right side, pivot left 1/4 left.

FORWARD RIGHT SHUFFLE, STEP-SWEEP, SLOW FULL UNWIND LEFT

1&2 Step forward right, close left beside right, step forward
3-4 Step forward left, sweep right across left,
5-8 Transfer weight to left, slow unwind left over 4 counts.

CHOREOGRAPHER's NOTE's

Dedication: This dance is dedicated to Judi Harrington. She asked me to choreograph a dance to an Elton John song for her. The result was "La Femme Nikita", I showed her the dance... her response was "Nikita" is the only Elton John song I don't like... oh well back to the drawing board lol.

COUNTRY TRACK

Alt Music: "I Want To Be The One (3:56)" by Lonestar (24 count intro, 79bpm) Album: "I'm Already There"
Wall 4: RESTART - dance upto count 8 in Section 1 and restart the dance. Restart will be on your 3 o'clock wall.
Wall 6: MINI-TAG – 2 count tag needed. Dance all the way through the dance until the slow unwind, and unwind over 6 counts (instead of 4 counts). Tag will be on your the home wall (12 o'clock).

POP TRACK

Alt Music: "Holding Onto You (3:28)" by Liberty X (32 count intro, 87bpm) CD Single: "Holding Onto You" by Liberty X Album: "Thinking It Over" by Liberty X
No tags or restarts needed.