Show Me How You Burlesque



拍数: 148 墙数: 2 级数: Phrased Intermediate

编舞者: Sophie Dick (BEL) - December 2012

音乐: Show Me How You Burlesque - Christina Aguilera



Dance Sequence: A - TAG 1 - B - TAG 2 - A - B - C - B

Count in: approximately 16 counts after Christina has done her intro

PART A: 64 COUNTS

[1-8] STEP FORWARD, KICK, JAZZ BOX CROSS, SIDE STEP, CROSS BEHIND

- 1 2 step L forward, kick R diagonal to the right
- 3 4 cross R over L, step L back
- 5 6 step R to the right, cross L over R
- 7 8 step R to the right, cross L behind R

[9-16] TOE STRUT, TOE STRUT CROSS, DIAGONAL FORWARD MAMBO, STEP BACK WITH HOLD

- 1 2 point R toe next to R, drop R heel
- 3 4 cross (and point) left toe over R, drop L heel
- 5 6 step R to diagonal R, recover on L
- 7 8 Step R back to diagonal L, hold

[17-24] SIDE STEP, CROSS IN FRONT, SIDE JUMPS, TOE STRUT CROSS, TOE STRUT 1/4 TURN L

- 1 2 step L to the left, cross R over L
- 3 4 2 side jumps to the left (with both feet)
- 5 6 cross (and point) R toe over L, drop R heel
- 7 8 point L toe ¼ to L, drop L heel

[25-32] STEP PIVOT ½ TURN, STEP, HOLD, ½ TURN, ½ TURN, ½ TURN, HOLD

- 1 2 step R forward, pivot ½ turn L
- 3 4 step R forward, hold
- 5-6 step L back with ½ turn to the R, step R forward with ½ turn to the R
- 7-8 step L forward with $\frac{1}{4}$ turn to the right, hold

[33-40] $\frac{1}{4}$ TURN RIGHT, SIDE TOUCH, STEP $\frac{1}{4}$ TURN L, STEP $\frac{1}{4}$ TURN R, STEP $\frac{1}{2}$ TURN L, SIDE BALL SIDE WITH BENDING KNEES, TURN $\frac{1}{4}$ L, STEP R FORWARD

- 1 2 step R to the right with ½ turn R, touch L to left side
- 3-4 step L $\frac{1}{4}$ turn L, step R to the right with $\frac{1}{4}$ turn R
- 5 & 6 step L to the left with ½ turn left, touch R ball next to L, step L to the left
- 7 8 turn ¼ L, step R forward

(While doing side-ball-side bend both of your knees.)

[41-48] HITCH, STEP BACK, COASTER STEP, ½ TURN, ¼ TURN, DRAG, STEP BEHIND, CROSS

- 1 2 L hitch, step L back, drag R
- 3 & 4 step R back, step L next to R, step R forward
- 5-6 ½ turn to the left, step ¼ turn to the right (big step)
- 7 & 8 drag L next to R, step L behind R, cross R over L

[49-56] MONTEREY 1/4 TURN LEFT (2x), PADDLE TURNS 1/2 TURN LEFT

- 1 & 2 point L to the left side, step left next to right with ¼ turn left, point R to right side
- & 3 & 4 step R next to L, point L to the left side, step left next to right with $\frac{1}{4}$ turn left, point R to right
 - side
- 5-7 make 3 paddle turns in a $\frac{1}{2}$ turn left
- 8 step R slightly forward

[57-64] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS 1 & 2 cross L over R, step R to the right side, step L to left diagonal L cross R over L, step L to the left side, touch R to the diagonal R 3 & 4 5 - 8make 4 left hip bumps PART B: 32 COUNTS I1-81 R KICK WITH 1/8 TURN, RECOVER, L KICK, RECOVER, JAZZ BOX 1/4 TURN RIGHT, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX 1/4 TURN RIGHT R kick, with 1/8 turn R, step R slightly forward, L kick forward, step L slightly forward 1 & 2 & 3 & 4 & cross R over L, step L back, step R 1/4 turn right, step L slightly forward 5 & 6 & R kick forward, step R slightly forward, L kick forward, step L slightly forward 7 & 8 & cross R over L, step L back, step R 1/4 turn right, step L slightly forward [9-16] R KICK, RECOVER, L KICK, RECOVER, CROSS, STEP BACK, STEP 1/4 TURN TO THE RIGHT. HOLD, FOOT - ARM, FOOT - ARM, TOUCH, SHOULDER FORWARD AND BACK 1 & 2 & R kick forward, step R slightly forward, L kick forward, step L slightly forward 3 & 4 & cross R over L, step L back, step R 1/4 turn right, hold 5 & bring your L foot and your R elbow closer to each other and recover 6 & bring your R foot and your L elbow closer to each other and recover point L foot slightly to the left, while bending your knees a little bit and put your right hand just 7 above your right hip 8 & push your R shoulder forward, push your R shoulder back [17-24] DROP L HEEL, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX 1/4 TURN RIGHT, R KICK, RECOVER, L KICK, RECOVER, JAZZ BOX ½ TURN RIGHT &1&2& drop L heel, R kick forward, step R slightly forward, L kick forward, step L slightly forward 3 & 4 & cross R over L, step L back, step R 1/4 turn right, step L slightly forward 5 & 6 & R kick forward, step R slightly forward, L kick forward, step L slightly forward 7 & 8 & cross R over L, step L back, step R ½ turn right, step L slightly forward [25-32] R KICK, RECOVER, L KICK, RECOVER, CROSS, STEP BACK, STEP 1/4 TURN TO THE RIGHT, HOLD, FOOT - ARM, FOOT - ARM, TOUCH, SHOULDER FORWARD & BACK 1 & 2 & R kick forward, step R slightly forward, L kick forward, step L slightly forward 3 & 4 & cross R over L, step L back, step R 1/4 turn right, hold 5 & bring your L foot and your R elbow closer to each other and recover 6 & bring your R foot and your L elbow closer to each other and recover point R foot slightly to the left, while bending your knees a little bit and put your right hand just 7 above your right hip & 8 push your R shoulder forward, push your R shoulder back PART C: 52 COUNTS [1-8] OUT, OUT, IN, IN, 1/4 TURN TO THE RIGHT, OUT, OUT, IN, IN 1 - 2R diagonal forward to the right, L diagonal forward to the left 3 - 4R back to the center, L back to the center 5 - 6R diagonal forward to the right with ¼ turn to the right, L diagonal forward to the left 7 - 8R back to the center, L back to the center [9-16] 1/4 TURN TO THE RIGHT, OUT, OUT, IN, IN, STEP 1/4 TURN TO THE RIGHT, PIVOT 1/2 TURN TO THE LEFT, PIVOT 1/4 TURN TO THE LEFT 1 - 2R diagonal forward to the right with ¼ turn to the right, L diagonal forward to the left 3 - 4R back to the center. L back to the center 5 - 6step R with ¼ turn to the right, pivot ½ turn to the left

[17-20] JAZZ BOX TOUCH WITH SHIMMY

Step R forward, pivot 1/4 turn to the left

7 - 8

1 – 2 cross R over L, step L back

3 – 4 step R to right side, touch L next to R

[21-28] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS

1 & 2	cross L over R, step R to the right side, step L to left diagonal L
3 & 4	cross R over L, step L to the left side, touch R to the diagonal R
5 – 8	make 4 hip bumps while turning from the right diagonal to the left one

[29-36] STEP BACK, TOUCH (3x), STEP R $\frac{1}{4}$ TURN TO THE RIGHT, TOUCH TO THE LEFT, HIP BUMPS

(4x)

OX I OX Z SIED L DACK, IOUCH IN IOIWAIU, SIED IN DACK, IOUCH L IOIWA	& 1 & 2	ep L back, touch R forward, step R back, touch L forward
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& 3 step L back, touch R forward

& 4 step R ¼ turn to the right, touch L to the left

5 – 8 make 4 hip bumps

[37-44] CROSS, SIDE, STEP, CROSS, SIDE, TOUCH, LEFT HIP BUMPS

& 1 & 2	drop L heel cross R over L, step L to the left side, step R to right diagonal
3 & 4	cross L over R, step R to the right side, touch L to the diagonal L
5 – 8	make 4 hip bumps while turning from the left diagonal to the right one

[45-52] STEP BACK + SHIMMYS

1 – 8 step right back and do shimmys

TAG 1: After the 1st A-part, you need to walk a circle to the left side, beginning with your R foot. You need to do 4 steps (R-L-R-L) and you need to end up at 3 o'clock to start part B. This tag goes quite fast.

TAG 2: After the 1st B-part, you need to walk a circle to the left side, beginning with your L foot. You need to do 4 steps and a touch (L-R-L-R- touch L) and you need to end up at 12 o'clock to start part A. This tag goes very slowly.

HAVE FUN WITH THIS DANCE AND KEEP ON SMILING!

Contact: dick_sophie@hotmail.com

^{*} Do 'Shimmy' while doing the jazz box touch