I'm a Sexy Mama

拍數: 32

級數: High Beginner

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音樂: Buttons - The Pussycat Dolls

Section 1 : FORWARD STEP (R-L) HIP BUMPS

- 1-2 Step RF forward, Step LF Forward
- 3-4 Step RF Forward, Step LF Forward
- 5&6 Step RF to R, Hip R-L-R
- 7&8 Hip L-R-L

Section 2 : BACK STEP, SIDE, RECOVER, CLOSE, SIDE, RECOVER

- 1-2 Step RF back, Step LF back
- 3-4 Step RF back, Step LF back
- Step RF to R, Recover on L, Close RF beside LF 5-6&
- 7-8& Step LF to L, Recover on R, Close LF beside RF

Section 3 : SIDE, CROSS BEHIND, SIDE, CROSS OVER, SIDE, ¼ TURN LEFT HEEL TOUCH, COASTER STEP

- 1-2 Step RF to R, Recover on L
- Cross RF behind LF, Step LF to L, Cross RF over LF 3&4
- 5-6 Step LF to L. ¼ turn L heel touch
- 7&8 Step LF back, Close RF beside LF, Step LF Forward

Section 4 : V STEP, KICK BALL POINT

- 1/8 RF diagonal forward, 1/8 LF diagonal forward 1-2
- 3-4 Step RF back, Step LF Back
- Kick RF, Step ball on RF, Point LF to L 5&6
- 7&8 Kick LF, Step ball on LF, Point RF to R

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牆數: 4