

Question

拍數: 0 牆數: 4 級數: Intermediate/Advanced
編舞者: M.T. Groove (UK)
音樂: Independent Women Part 1 - Destiny's Child



Sequence: A BB A BB A(up to count 40) BB (A=Verse, BB = Chorus)

PART A

KNEE POP, BEHIND & CROSS, POINT, TOUCH BEHIND, UNWIND ½ TURN, KICK & TOUCH

- 1-2 Pop right knee out to right side (turn head - look right at same time) step right behind left
- &3-4 Step onto ball of left(&) cross right over left, point left to left side
- 5-6 Touch left behind right, unwind ½ turn left (transfer weight onto left)
- 7&8 Kick right to right side, step onto right, touch left next to right

HOLD(LOOK LEFT), SIDE BEHIND ¼ STEP, STEP PIVOT, STEP TOUCH, STEP

- 1-2 Hold count 1 as you turn head - look left, step left to left side
- &3-4 Step right behind left (&), step forward onto left as you make a ¼ turn left, step forward right
- 5-6 Pivot ½ turn left, step right to right side as you make a ¼ turn left
- 7-8 Touch left next to right, step left (small step) to left side

- 1-17 Repeat above 2 sections, then add 1 count tag: touch right to left

WALK RIGHT, LEFT, STEP PIVOT TWICE

- 1-2 Walk forward right, left
- 3-4 Step forward right, pivot ½ turn left
- 5-8 Repeat counts 1-4

STEP ¼ TOUCH, STEP ½ TURN TOGETHER, CROSS SIDE CROSS, HITCH

- 1-2 Step right to right side as you make a ¼ turn left, touch left next to right
- 3-4 Step left to left side as you make a ½ turn right, step right next to left (weight on right).
- 5-6 Cross left over right, step right to right side
- 7-8 Cross left over right, hitch right knee up - angled to right diagonal

¾ BACKWARD SWEEP & CROSS, HITCH BUMP STEP, KICK & POINT, MONTEREY ½ TURN

- 1&2 Sweep right foot backwards as you make a ¾ turn right step onto right, step left beside right, cross right over left
- 3&4 Hitch left knee, with knee still up bump hips to left(&), step left to left side
- 5&6 Kick right foot forward, step right next to left, point left to left side
- &7-8 Bring left next to right, point right to right side, make a ½ turn right step right in place

MONTEREY ½ TURN, KICK & POINT, BALL STEP PIVOT, FULL TURN

- 1-2 Point left to left side, make a ½ turn left step left in place
- 3&4 Kick right foot forward, step right next to left, point left to left side
- &5-6 Step onto ball of left, step forward right, pivot ½ turn left
- 7-8 Make a ½ turn left as you step back onto right, make another ½ turn left as you step forward left

PART B

KICK OUT OUT, HIP BUMPS, STEP TOUCH TWICE

- 1&2 Kick right foot forward, step back right, left
- 3&4 Bumps hips left, right, left
- 5-6 Step forward right, touch left next to right (angled to right diagonal)

7-8 Step back onto left (square up), touch right next to left

Styling: on count 6 raise arms (palms facing in) bring arms up so hands cross each other at the wrists(face height). On count 7 lower arms back down hands will cross again.

KICK BALL STEP TWICE, STEP POINT, TOUCH FORWARD, HEEL OUT IN

1&2 Kick right foot forward, step onto ball of right, step forward left.(traveling forward)

3&4 Repeat counts 1&2.(traveling forward)

5-6 Step forward on right, point left to left side as you make a ¼ turn right

7&8 Touch left toe forward, swivel left heel out, in

STEP BACK, POINT, TOUCH BEHIND, UNWIND FULL TURN, ROCK &CROSS, ROCK & TOUCH

1-2 Step back on left, point right to right side

3-4 Touch right behind left, unwind a full turn right.(transfer weight onto right)

5&6 Rock left to left side, recover onto right, cross left over right

7&8 Rock right to right side, recover onto left, touch right next to left

The last count on this section is dropped when followed by A.
