U Betta Think

拍數: 0

級數: Intermediate/Advanced

編舞者: Barry Amato (USA) & Dean Gambino (USA)

音樂: Think - Aretha Franklin

Sequence: AB AAB AAAAA (on the last A, you omit the last 6 counts to end on the last word -- "Think"

PART A

BRUSH, LIFT, CROSS, BRUSH, LIFT, CROSS, STEP SIDE, STEP BACK, CROSS, STEP SIDE, STEP BACK, CROSS

- 1&2 Brush ball of left foot, lift left leg, cross left over right, weighting left foot
- 3&4 Brush ball of right foot, lift right leg, cross right over left, weighting right foot
- 5&6 Step to the left on left foot, step back on the right foot, opening your body diagonally right (facing 2:00), cross left over right, weighting left foot
- 7&8 Step to the right on right foot, step back on the left foot, opening your body diagonally left (facing 10:00), cross right over left, weight right foot

STEP LEFT, TOUCH RIGHT, KICK ACROSS, BALL CHANGE, KICK ACROSS, STEP OUT, STEP OUT, STEP, CROSS, ½ TWIST TURN

- 1-2 Step to the left on left foot, touch right foot next to left
- 3&4 Kick the right foot in front of left, step on the ball of right foot to right side, change weight to left foot
- 5&6 Kick the right foot in front of left, step out on the right foot, step out on the left foot
- &7-8 Step right foot in next to left, cross ball of left foot over right, twist turn a ½ turn right to unwind feet

Shift weight over to right foot after turn

STEP, CROSS, STEP, TOUCH, HIP CIRCLE 1/4 TURN LEFT, HIP CIRCLE 1/2 TURN RIGHT

1-4 Step left foot to left, cross right over left, weighting right, step left foot to left, touch right foot next to left

Arms styling on these counts: Bring arms up to chest level and bend at elbow as though you 'have your hands down on a table. Pull arms back / forward / back / forward / back / forward / back. The counts for arms will be 1&2&3&4 but you footwork will be 1-2-3-4

- 5-6 Relax arms, step on the right foot as you circle your hips to the left and open a ¼ turn left as you do your hip circle and touch your left foot forward
- 7-8 Step down the left foot as you circle your hips to the right and open a ½ turn right and touch your right foot forward

WALK, WALK, TURN, STEP, TURNING COASTER STEP, STEP FORWARD, ¼ TURN & TOUCH

- 1-2 Walk forward right left
- 3-4 Step forward on the right foot as you do a full stationary turn to the left, step forward on the left foot
- 5&6 Step forward on the right foot, pivoting on the ball of the right foot, open a ½ turn left and step on left foot next to right, step forward on the right foot
- 7-8 Step forward on the left foot, pivoting on the ball of the left foot, open a ¼ turn right and touch right foot next to left

PRESS FORWARD ON RIGHT FOOT, LOOK BACK, LOOK FRONT, STEP DOWN ON RIGHT, STEP FORWARD, PIVOT, STEP FORWARD, HOLD

- 1-3 Press ball of right foot forward, look over your left shoulder, look front
- 4 Step down on the right foot
- 5-6 Step forward on the left foot, pivot ½ turn right with right foot taking weight
- 7-8 Step forward on left foot, hold





牆數:2

PRESS FORWARD ON RIGHT FOOT, LOOK BACK, LOOK FRONT, STEP DOWN ON RIGHT, STEP FORWARD, PIVOT, WALK WALK

1-3 Press ball of right foot forward, look over your left shoulder, look front

on the first time through the pattern, the background vocalists are saying "think, think"

It is optional to do your look-look syncopated with the vocalists or just as the straight count of 2-3. This is the only time this happens in the song.

- 4 Step down on the right foot
- 5-6 Step forward on the left foot, pivot ½ turn right with right foot taking weight
- 7-8 Walk forward left right

PART B

STEP LEFT, TOUCH RIGHT BEHIND LEFT, ¼ TURN RIGHT, HITCH, STEP LEFT, TOUCH RIGHT BEHIND, ¼ TURN RIGHT, HITCH

- 1-2 Step to the left on left foot, touch right behind left foot and throw both hands to the left side
- 3-4 1⁄4 turn right and step forward on right foot, hitch left foot to right knee
- 5-6 Step to the left on left foot, touch right behind left foot and throw both hands to the left side
- 7-8 1/4 turn right and step forward on right foot, hitch left foot to right knee

REPEAT THAT AGAIN

- 1-2 Step to the left on left foot, touch right behind left foot and throw both hands to the left side
 3-4 ¼ turn right and step forward on right foot, hitch left foot to right knee
- 5-6 Step to the left on left foot, touch right behind left foot and throw both hands to the left side
- 7-8 ¹/₄ turn right and step forward on right foot, hitch left foot to right knee

WALK, WALK, WALK, TOUCH, WALK BACK, BACK, BACK, TOUCH

1-4 Walk forward left-right-left and touch right next to left

Drop your arms down by your side and as you walk forward bring them straight up in front of you and over your head while shaking hands

5-8 Walk back right-left-right and touch left next to right

Bring your arms down in front of you while shaking hands and drop them down by your side

STEP SIDE, STEP TOGETHER, STEP SIDE, STEP TOGETHER, TOUCH, STEP SIDE, STEP TOGETHER, STEP SIDE, TOUCH

1-4 Step left, step right together, step left and touch right next to left

With arms over your head sway arms left-right-left and hold them to the left side as you touch

5-8 Step right, step left together, step right and touch left next to right

With arms still over your head, sway arms right-left-right and hold to the right side as you touch

WALK, WALK, WALK, STEP PIVOT, WALK, WALK, WALK

- 1-3 Walk forward left-right-left
- 4-5 Step forward on the right, pivot ¹/₂ turn left with left foot taking weight
- 6-8 Walk forward right-left-right