

# Video

拍數: 32      牆數: 4      級數: Improver  
編舞者: Dodee Davis & Linda Yakshe  
音樂: Video - India.Arie



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## WALK, WALK, WALK, BUMP HEELS TWICE INTO ¼ TURN LEFT, ROCK AND STEP, BUMP HEELS TWICE INTO HALF TURN LEFT

- 1-2      Walk right, left
- 3&4      Step forward with right, bump heels twice as you turn ¼ left (weight ends on right)
- 5&6      With left foot, rock out to left side, replace, step left foot next to right
- 7&8      Step forward with right, bump heels twice as you turn ½ left (weight ends on right)

## LEFT COASTER, SCUFF, HITCH STEP WITH RIGHT, TOUCH LEFT AND RIGHT AND LEFT, TAP, TAP

- 1&2      Step back on left, step on right next to left, step forward on left
- 3&4      Scuff right foot next to left, hitch right knee, step on right in 3rd position
- 5&6&      Touch left to left side, step left, touch right to right side, step right
- As you touch left toe, angle body to left, as you touch right, angle body to right**
- 7&8      Touch left to left side, tap left toe twice (body is angled on a diagonal to left)

## LEFT SHUFFLE TO LEFT DIAGONAL, RIGHT SHUFFLE TO RIGHT DIAGONAL, ROCK LEFT AND CROSS LEFT OVER RIGHT, TURN ¼, LEFT, ¼ LEFT, STEP LEFT, TOUCH RIGHT

- 1&2      Shuffle, left, right, left to left diagonal
- 3&4      Shuffle right, left, right to right diagonal

### Square up to wall, after diagonal shuffles

- 5&6      With left foot, rock out to left side, replace on right, cross left foot in front of right
- 7&8      Step backward on right as you turn ¼ to your left, step forward on left, as you continue ¼ to left (half turn total), touch right toe to right side

## CROSS RIGHT, STEP LEFT, SAILOR SHUFFLE, SAILOR SHUFFLE, TURNING ½ TO LEFT, OUT, OUT, IN, IN

- 1-2      Step right across in front of left, step left in place
- 3&4      Step behind with right, step left to left side, step right beside left
- 5&6      Step behind with left, turn ½ to your left as you step right, then left
- &7&8      Step out with right, left, step in with right, left

## REPEAT

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