Get Dirrty

級數: Intermediate



音樂: Dirrty - Christina Aguilera



拍數: 32





STEP RIGHT TO RIGHT WITH PUNCH & LOOK, STEP HOME, LUNGE LEFT, STEP HOME, SKATE RIGHT, LEFT, RIGHT, HITCH WITH ¼ TURN LEFT, STEP Step right out to right with a closed fist punch and look to right 1

- 2 Step right foot home while circling right arm around in front of body and down to side, and look forward
- 3 Lunge left to left while dropping left shoulder and bending both elbows and looking left
- 4 Step left foot home, drop both arms down to side, and look forward
- 5 Skate right diagonally to right
- 6 Skate left diagonally to left
- 7&8 Skate right diagonally to right, hitch left while making a 1/4 turn to left, step down on left

MAMBO FORWARD, MAMBO TO LEFT SIDE, STEP, SLIDE, STEP WITH ¼ TURN RIGHT, STEP, KICK WITH PUNCH, PULL IN

- 1&2 Mambo forward (step right forward, left in place, right back to home)
- 3&4 Mambo to left side (step left out to left, right in place, left back to home)
- 5 Step right out to right side
- 6 Slide left behind right
- &7 Step right forward with 1/4 turn right, step left next to right
- & Kick right forward while punching both arms forward with closed fists
- 8 Pull right back to hitch position while turning arms over and pulling back to bent position to side of body

STEP, KICK, TOE BEHIND, ½ TURN LEFT, BODY ROLL UP, KICK AND TOUCH

- 1 Step right foot forward
- 2 Kick left foot forward
- 3 Toe left foot straight back
- 4 Turn ¹/₂ turn to left leaving weight on right foot
- 5-6 Body roll up switching weight to left foot option: instead of body roll you can do a mambo forward on left
- 7&8 Kick right foot forward, step right back to home, touch left toe out to left side

ROLL KNEE IN, POP KNEE OUT WITH ¼ TURN LEFT, KICK-BALL-CHANGE, SYNCOPATED STAR

- 1 Bring left knee in toward right leg
- 2 Roll left knee out to left while making a 1/4 turn to left and popping head up
- 3&4 Kick-ball-change on left
- 5& Step left foot forward, step right in place
- 6& Step left out to left, step right in place
- 7& Step left foot back, step right in place
- 8 Step left foot next to right

REPEAT

TAG

After the seventh wall V-BLOCK, V-BLOCK

- Step right diagonally forward to right 1
- 2 Step left diagonally forward to left

牆數: 4

3	Step right back to home
4	Step left back to home
5	Step right diagonally forward to right
6	Step left diagonally forward to left
7	Step right back to home
8	Step left back to home