Da Puddycat Swing



拍數: 80 牆數: 3 級數: Intermediate

編舞者: M.T. Groove (UK) & Danny 音樂: Right Now - The Pussycat Dolls



Start main dance after dancing the intro

INTRO

At the beginning of the song you will hear the words "Right Now" 3 times with a count of 16 in between each one. Strike the following pose on each "Right Now"

First "Right Now": Throw your right arm down to right side as you bump your hips to the right. Sit into this hip bump so right leg is bent. Look to the floor where you right arm just went. (Through the next 15 counts bring your left hand up the left side of your body, wiggling your fingers as you do this

Second "Right Now": Bump the hips to the left and that hand you've just been wiggling will now extend out to your left with your palm up and fingers outstretched. Your head looks to the left

Third "Right Now": Bring your left outstretched hand to your chin and let it move your head to face the front sharply as you bumps the hips to the right. After you have bumped your hips bring your right arm up and out wiggling your fingers as she says the words "fly me off to lovers land"

Prior to starting the main dance bump your hips to the left then start main dance on word 'baby'

THE MAIN DANCE

SAILOR STEPS TWICE, STEP 1/4 PIVOT

1-3 Right sailor step4-6 Left sailor step

7-8 Step forward right, pivot ½ turn left. (weight ends on left)

1/4 SIDE CROSS, SIDE CROSS

1-2 Make ¼ turn left as you step right to right side, hold

3-4 Cross left over right, hold
5-6 Step right to right side, hold
7-8 Cross left over right, hold
Restart here during wall 3 (facing the front)

1/4 TURN OUT OUT, JAZZ BOX, STEP 1/4 TURN TOUCH

1-2 Make a ¼ turn right step feet out-out (right, left), shoulder width apart

Throw right arm then left to the floor - fingers outstretched as you do the out, out

3-4 Cross right over left, step back on left5-6 Step back on right, step forward on left

7-8 Make ¼ turn left as you step right to right side, touch left next to right

STEP TOUCH. STEP ½ TURN PIVOT. STEP SIDE DRAG

1-2 Step left to left, touch right next to left

3-4 Step forward right, hold 5-6 Pivot ½ turn left, hold

7-8 Step right (large step) to right, drag left next to right

Weight even on both feet

DIP, STRAIGHTEN, REPLACE KICK, CROSS UNWIND FULL TURN

Bend knees to the left, return back to center as you straighten up
 Jump onto left in place and kick right to right side, cross right over left

5-6-7-8 Hold, unwind a full turn to your left over 3 counts

CROSS HOLD, BEND UPPER BODY, STRAIGHTEN UP, SIDE TOUCH

1-2	Cross right over left, hold
3-4	Bend upper body forward from the waist, hold
5-6	Straighten up, hold
7-8	Step right to right side, touch left next to right

EXTENDED WEAVE

1-2-3-4	Step left to left side, step right behind left, step left to left side, cross right over left
5-6-7-8	Step left to left side, step right behind left, step left to left, touch right next to left.

JAZZ WALKS, TOUCH FORWARD, TOUCH BACK

1-2-3-4	Walk forward right hold, left hold - shake your hands

5-6-7-8 Touch right foot forward/across left, hold, touch right back, hold

JAZZ BOX 1/4 TURN

1-2-3-4	Cross right	over left.	hold, s	step back	on left, hold

5-6-7-8 Make ¼ turn right as you step right to right side, hold. Step left in place, hold

HIPS BUMPS (FREESTYLE)

1-8 Bump hips right, left, right, left, right, left, right, left or use these 8 count to freestyle

REPEAT

ENDING

For a big finish - during wall 6 which is the last wall you'll be on counts 25-32. Do the step pivot but pivot a full turn back to the front and then jump on left and kick right to right side