You're Fillin' Me Up

級數: Improver

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音樂: Ooh Ooh Baby - Britney Spears : (Album: Blackout)

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Intro: 16 counts			
(1-8) SWING 1&2& 3-4 5&6 7&8	KICKS FWD, 1/2 TURN WITH A TURNING KICK, CROSS AND STEP, LOCK SHUFFLE FWD Rf kick forward, Rf step in center fwd, Lf kick forward, Lf step back in center (12:00) Make 1/2 turn right, and rotating your R leg, and kick Rf fwd holding weight onto Lf Step Rf across Lf, Lf step diagonal back, Rf step to the right weight onto Rf (6:00) Step Lf forward, Rf lock behind Lf, step Lf forward, weight onto Lf (6:00)		
(9-16) 1/2 STEP PIVOT, 1/2 TRIPLE TURN, ROCK / RECOVER, BIG STEP FWD, TAP			
1-2	Step Rf forward, make 1/2 turn left, take weight onto Lf (12:00)		
3&4	Step Rf fwd and make 1/2 turn left, Lf close next Rf, Rf step back weight onto Rf (6:00)		
5-6	Step Lf back, Rf recover weight onto Rf		
7-8	Lf make a big step fwd, Rf drag and tap next Lf, weight onto Lf (6:00)		
(17-24) R STEP OUT FWD, L STEP OUT FWD, SAILOR STEP, SAILOR STEP, POINT BACK, 1/2 TURN			
1-2	Step Rf out fwd, step Lf out fwd, weight onto both feet		
3&4	Step Rf behind Lf, step Lf to the left, step Rf to the right, weight onto Rf		
5&6	Step Lf behind Rf, step Rf to the right, step Lf to the left, weight onto Lf		
7-8	Point Rf back, make 1/2 turn right, take weight onto Lf (12:00)		
(25-32) R STEP OUT FWD, L STEP OUT FWD, SAILOR STEP, SAILOR STEP, CROSS BEHIND, 3/4 TURN			
1-2	Step Rf out fwd, step Lf out fwd, weight onto both feet		
3&4	Step Rf behind Lf, step Lf to the left, step Rf to the right, weight onto Rf		
5&6	Step Lf behind Rf, step Rf to the right, step Lf to the left, weight onto Lf		
7-8	Cross Rf behind Lf, make 3/4 turn right, take weight onto both feet (9:00)		
(33-40) LOCI TOGETHER	K SHUFFLE FWD, 1/4 LOCK SHUFFLE FWD, LOCK SHUFFLE FWD, ROCK / RECOVER,		
1&2	Step Rf fwd, Lf lock behind Rf, step Rf fwd, weight onto Rf		
3&4	Make 1/4 turn left and step Lf fwd, Rf lock behind Lf, Lf step fwd, weight onto Rf (6:00)		
5&6	Step Rf fwd, step Lf behind Rf, step Rf fwd, weight onto Rf		
7&8	Step Lf fwd, Rf recover, step Lf next Rf, take weight onto both feet		
(41-48) SIDE	(41-48) SIDE HOLD & SIDE CLAP, & 1/4 TURN PUSH STEP HOLD CLAP, 1/2 SWEEP TURN, CLOSE		

- &1-2& Step Lf to the left, HOLD and Clap, step Rf next Lf,
- Step Lf to the left, Clap 3-4
- Step Rf next Lf, Lf step 1/4 left on toe, HOLD weight onto Lf (3:00) &5-6
- Step Lf back in center, Rf make a 1/2 sweep turn left from back to front and holding weight 7-8 onto Lf Rf close weight onto Lf (9:00)

Begin again.

拍數: 48

牆數:4