Still Sexy

1

拍數: 32

級數: Beginner

編舞者: Sophia van Hees (NL) - April 2008

音樂: Still Dirrty - Christina Aguilera

(1-8) Walk forward	, ½ turn, step,	, touch, kick ba	ll step.
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- RF step forward
- 2 LF step forward
- 3 RF step backwards
- LF step next to RF, ¹/₂ turn left (face 6.00) &
- 4 RF step forward
- 5 LF step forward
- 6 RF touch to rightside
- 7 RF kick diagonale left forward
- & RF step right side
- LF step left diagonale forward 8

(9-16) Cross, slide, smooth heelgrinds, sweep, cross, ¼ turn, flick ½ turn, sitposition.

- 1 RF cross over LF
- 2 slide to left with LF, ending feets together
- while rolling on RF from toe to heel in place grind left heel to left. (left toe turns out) 3
- & while rolling on LF from toe to heel in place grind right heel to right. (right toe turns out)
- 4 Step on RF, sweep LF over heel
- 5 LF cross behind RF
- & 1/4 turn right RF step forward (face 9.00)
- 6 LF step forward
- 7 RF flick to right side
- & RF touch forward
- 8 1/2 turn left, go through knees weight on RF (face 3.00, LF on toe, knee to 3.00, right knee to 6.00)

(17-24) Forward, through left knee, 1/2 turn, touch and heel.

- & weight on LF
- 1 RF step forward
- 2 LF step forward
- 3-4 Go through left knee, right leg hold straight glide backwards.
- & go back up
- 5 RF step backwards
- 6 1/2 turn left, LF step forward (face 9.00)
- 7 1/4 turn left, Rf touch behind LF (face 6.00)
- & RF step backwards
- 8 LF heel touch forward

(25-32) Kick, turn, step, hook, kick, step, crosses, twist on heels.

- LF step next to RF &
- 1 RF kick forward
- & 1/4 turn right (face 9.00), step on RF
- 2 1/4 turn right (face 12.00), LF step backwards
- & 1/2 turn right (face 6.00), RF hook for LF
- 3 RF kick forward
- & ¹/₄ turn right (face 9.00), RF step forward (feets are now crossed over)





牆數: 4

4	LF step to left side
&	RF step next to LF
5	LF cross over RF
&	RF step to right side
6	LF cross behind RF
&	RF step to right side
7	LF cross over RF
&	RF step next to LF, twist on toes, heels turn to right
8	turn heels back to middle