

Addicted To Brands

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Sebastiaan Holtland (NL) - March 2011
音樂: But I Am a Good Girl - Christina Aguilera : (CD: Burlesque OST 2010)



Intro: 16 Counts (08 Sec)

Sec 1: 1-8 Fwd, Heel Flick L, Cross, Heel Flick R, Cross & Cross, Lift

- 1-2 Step forward on Rf, flick L heel to Left (12:00)
- 3-4 Cross Lf over Rf, flick R heel to right
- 5-6-7 Cross Rf over Lf, step Lf slightly to left, cross Rf over Lf
- 8 Lift L knee up holding weight onto Rf (12:00)

Sec 2: 9-16 Cross, 3/4 Fondu L, Fwd, 1/2 Fondu L, Back Rock / Recover, Fwd, Hold

- 1-2 (this counts are quicky) Step forward on Lf, turn 3/4 left (3) raise and stretching L leg out to left holding weight onto Rf (3/4 Fondu left)
- 3-4 (this counts are quicky) Step forward on Lf, turn 1/2 left (9) raise and stretching L leg out to left holding weight onto Rf (1/2 Fondu left)
- 5-6 Rock Lf back, recover on Rf weight onto Rf
- 7-8 Step forward on Lf, HOLD (9:00)

Easy Option: While you dancing the steps 9 to 12 you can making sweep motions

Sec 3: 17-24 Large Cross Step Fwd, Hitch, Large Step Fwd, Hitch with 1/4 Turn L Weave Left with 1/4 Turn L

- 1-2 Step Rf large across Lf, hitch L knee up (9:00)
- 3-4 Step Lf large forward, turn 1/4 to left (6) hitch R knee up weight onto Lf
- 5-6-7 Cross Rf over Lf, step Lf to the left, Step Rf behind Lf
- 8 Turn 1/4 to left (3) step forward on Lf weight onto Lf

Sec 4: 25-32 Cross Rock / Recover, Side Rock / Recover, Back Rock / Recover, 1/2 Turn L, Back, 1/4 Turn L, Side

- 1-2 Cross rock forward on Rf, recover on Lf (3:00)
- 3-4 Rock Rf to the right, recover on Lf
- 5-6 Rock back on Rf, recover on Lf
- 7-8 Turn 1/4 to left (9) step back on Rf, turn 1/4 left (6) step Lf to the left weight onto Lf

Option: While you dancing the steps 24 to 30 use your hips with the steps

Start again and have fun!

smoothdancer79@hotmail.com