

I'm A Good Girl

COPPER KNOB
STEPSHEETS

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Wendy Loh (MY) - November 2013
音樂: But I Am a Good Girl - Christina Aguilera : (Album: Christina Aguilera Soundtrack)



Sequence : ABB ABBB

PART A - 64 counts

Section A1 : Step Hitch, Step Hitch, Step, 1/2 L, Hip Bump R,L

1,2 Step RF forward, Hitch LF
3,4 Step LF forward, Hitch RF
5,6 Step RF forward, Turn 1/2 L Weight on LF (6:00)
7,8 R Hip Bump, L Hip Bump

Section A2 : Step, Point, Step Point, Body Roll, 1/2 R, Hip Lift & Drop

1,2 Step RF forward, Touch LF to side,
3,4 Step LF forward, Touch RF to side
5,6 Bend body down towards RF, Roll body up (6:00)
7,8 Turn 1/2 R weight on RF & lift L hip up, Drop L hip (12:00)

Section A3 : Lift & Drop Hip twice, Step Back, Point, Step Back, Point

1,2,3,4 Lift L hip & Drop hip twice
5,6 Step LF back, Touch RF to side
7,8 Step RF back, Touch LF to side (12:00)

Section A4 : Walk, Walk, Forward Shuffle, Rock, Recover, Step Back, Flick

1,2 Step LF forward, Step RF forward,
3&4 Forward Shuffle on LF, RF, LF
5,6 Rock RF forward, Recover on LF
7,8 Step RF back, Flick LF back (12:00)

Section A5 : Step, Flick, Step, Flick, Step, 1/2 R, Walk, Walk

1,2 Step LF forward, Flick RF back
3,4 Step RF forward, Flick LF back,
5,6 Step LF, Turn 1/2 R weight on RF (6:00)
7,8 Step LF forward, Step RF forward

Section A6 : Left Rolling Vine, Right Rolling Vine

1,2 Turn 1/4 L & Step LF forward, Turn 1/2 L & Step RF back,
3,4 Turn 1/4 L & Step LF to side, Touch RF to side
5,6 Turn 1/4 R & Step RF forward, Turn 1/2 R & Step LF back
7,8 Turn 1/4 R & Step RF to side, Touch LF to side (6:00)

Section A7 : Step Together, Hand Movements, Hip Roll

1 Close LF together & Open both hands to side,
2,3 Both feet in place, Place R hand across chest, Place L hand on top of R arm
4,5 Both feet in place, Place R hand on R hip, Place L hand on L hip
6,7,8 Jump with both feet apart, Roll hip anti-clockwise over 2 counts (6:00)

Section A8 : Sway hips RLRL, Turn 1/2L, Sway hips RLRL

1,2,3,4 Sway hips R, L, R, L
5,6,7,8 Turn 1/2 L weight on LF & Sway hips R, L, R L (12:00)

PART B - 32 counts

Section B1 : Cross, Kick, Cross, Kick, Touch, Hitch, Kick, Touch Back

- 1,2 Cross RF over LF, Kick LF diagonally forward (10:30)
- 3,4 Cross LF over RF, Kick RF diagonally forward (1:30)
- 5,6 Touch RF diagonally back, Hitch RF (1:30)
- 7,8 Kick RF diagonally forward, Touch RF back (1:30)

Section B2 : Step, Hitch, Step, Turn 1/2 R, 1/2 R Back Shuffle, Rock Back, Recover

- 1,2 Step RF forward, Hitch LF (12:00)
- 3,4 Step LF forward, Turn 1/2 R weight on RF (6:00)
- 5&6 Turn 1/2 R & Do a back shuffle on LF, RF, LF (12:00)
- 7,8 Rock RF back, Recover LF

Section B3 : Step, Knee Pops, Toe Struts

- 1,2 Step RF to side, Pop L knee in towards R
- 3,4 Step LF in place, Pop R knee in towards L
- 5,6 Touch RF forward, Step RF in place
- 7,8 Touch LF forward, Step LF in place (12:00)

Section B4 : Paddle 1/2 Turn, Chicken Walk

- 1,2 Step RF forward, Turn 1/4 L weight on LF (9:00)
- 3,4 Repeat Steps 1,2 (6:00)
- 5,6,7,8 Walk Forward RF, LF, RF, LF (6:00)

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