

1,2 Step
Caira, Missy Elliot
CD "Goodies"
Easy Advanced

Sequence: A, Chorus, A, Chorus, Break, B, C, Chorus, Chorus, A*

A: Stomp (left foot) 3 Backs or Irishes..dbl hop step, dbl hop step, dbl hop step (4 beats)

R L R L R L R L R

4 Runs (s,s,s,s) (2 beats)

Switch (st, dbl, ball, ball step) (2 beats)

L R R L R

Slapper DS Heel T-B Flap S H-S T-B H-S

L R L R R L R l

DBL OUT B -HS T-SL RS (Turn ½ left)

R R L R LR

Repeat to face front

Chorus: Dbl bounce kick step, DS T-S

L B R R L R

Canadian Double Double (4 ct)

DS up tch up STEP B H-S up tch up STEP , Canadian basic

L R R R R L L L R R

1,2 step (Modified from video) left and right: S, S (xib) SRS

"Ciara" legs in front: S, S Bend, bend, bend

T-SL , T-Sl, T-Sl RS

R L R LR

Repeat A,

Repeat Chorus

Break: Shimmy bringing hands up...6 beats

B: Vine left with Canadian on the end

Vine right with Canadian on the end

DS K(OTS) K(XIF) B H S T-SL (Turn ¼ left)

L R R R L L R

1,2 Step, Part B Continued

Hop double hop double hop double hop tch up

Crazy Legs forward; DS S-knee (out) S-Knee(out) S-Knee (out),Fancy Double move back

Repeat to face front, instead of fancy double, do 2 steps back

C: Hip Hop section..Too complicated to try to write..Feel free to video.

Repeat Chorus, turning to back on Canadian Double doubles

Repeat Chorus, turning to front on Canadian Double doubles

Repeat Part A, don't turn and do only once

Sounds complicated, but it really isn't. It is hard to write advanced steps. Listen to the sound and you should do fine. Have fun.

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