

Don't Cha

Phrased, 2 wall, Intermediate/Advanced level
Choreographer: Alice Lim (Singapore) Aug 2006
Choreographed to: Don't Lie by the Pussycat Dolls, ft.
Busta Rhymes

32 count intro

Sequence: AAAB; AAB; AAB (B is always done at back wall)

Part A (Verse : 32 Counts)

Knee Pops, Step Touch, Cross Unwind X2

- 1&2 Touch R toe near L popping R knee in, Step R in place, Touch L toe near R popping L knee in
3 Step L to side as you move L hand from R ear to back of head ending behind L ear,
4 Touch R beside L dropping L arm
56 Cross R over L, Unwind ½ turn left (hands on hips while crossing & unwinding)
78 Cross R over L, Unwind ½ turn left (hands on hips while crossing & unwinding))
Optional Arm movements – 5678 : Swing both arms above head 1 & ½ circles counterclockwise

Shimmies, Lunge Step, Hip Bumps

- 1& 2 Step R diagonally forward bending body slightly forward & pop shoulders forward LRL
& Transfer weight to L foot straightening body & pop R shoulder forward
3&4 Pop shoulders forward LRL
5 Lunge to R as you move L hand from R ear to back of head ending behind L ear,
6 Step L together dropping L arm
7&8 Look left as you bump hips twice to left side
(place R hand with fingers pointing back over R ear and L hand on hips while bumping 7&8)

Hip Rolls, Out Out, In In,

- 1234 Touch R ball forward(1), roll hips anticlockwise as you ¼ turn left(2); Repeat for 3,4 (6.00)
(hands stay on hips throughout the 4 counts)
56 Step R diagonally forward, Step L diagonally forward (feet are now apart)
78 Step back on R, Step L together
Optional Arm movements –
5 Raise R arm with elbow bent so that R palm is facing 3.00 & at same time place L arm horizontally across stomach so that L palm is facing the floor & fingers are beside R elbow (R&L arms form L shape)
6 Raise L hand up & at same time place R arm horizontally across stomach (arms form L shape)
7 Cross arms over chest (L over R)
8 Slap hands lightly on thighs

& Open, Squat, Bend, Flip, Raise, Pelvis, Knees, Butt

- &1 Step R to side(&), step L to side(1) so that legs are open (shoulder width apart)
2 Bend knees to squat & place hands lightly on knees keeping upper body upright, head looking forward
3 Push buttocks back straightening knees so as to bend body forward at 90 degrees to legs (Back is straight, head bent and hair hanging down towards floor)
4 Flip hair up ending with head looking forward and chin up (body is still bent forward & hands still on knees)
56 Slowly raise upper body to upright position while sliding hands up thighs over 2 counts ending at front of thigh joints
7 Move pelvis forward so that butt is in and at the same time move shoulders forward so that chest is also in
& Bend knees slightly
8 Keeping knees bent, push buttocks back so butt is out and at the same time push shoulders back so that chest is also out (hands will slide to respective sides of pelvis when you push shoulders back)
(567&8 are continuous movements. So don't pause between moves)

Part B (Chorus : 64 Counts – always start and end facing back wall)

Fist Rolls, Step Close Open Close Open Travelling Left

- 1&2 ¼ turn R to face 9.00 & roll fists outward one over the other in front of body
3&4 Pivot ½ turn L to face 3.00 & roll fists in front of body
5678 Step R together, L to side, R together, L together traveling left towards 3.00 – move your hips (while traveling keep head turned left towards 3.00 but body & toes face 4.30)
Arm movements –
5678 : Place L hand on L hip and wave R hand near R side of neck gesturing you feel “hot” - position R hand with fingers open in the shape of fan near R side of neck & wave in i.e towards body(5), then out i.e. away from body(6), then in(7), then out(8)
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FIST ROLLS, STEP CLOSE OPEN CLOSE OPEN TRAVELLING RIGHT

- 9&10 Keeping weight on L leg, turn body to face 3.00 & roll fists in front of body
11&12 Pivot ½ turn R to face 9.00 & roll fists in front of body
13-16 Step L together, R to side, L together, R to side traveling right towards 9.00 – move your hips (while traveling, keep hands on hips and head turned right towards 9.00 but body & toes face 7.30)
Optional arm movements –
13-16: Place L hand with fingers pointing back over L ear while R hand is on R hip throughout the 4 counts

Hip Bumps Travelling Forward, Step Pivot, Step Step

- 17&8 Step L forward to bump hips left twice
19&20 Step R forward to bump hips right twice
21, 22 Step L forward, Pivot ½ turn right stepping R forward(12.00)
23 Big step to L side pushing R palm out to side(elbow straight & palm facing side wall)
24 Step R together dropping R arm to side

Chest/Butt Out, In, Out-In-Out, Skates

- 25 Step L to side bending knees and at same time push shoulders & butt back so that chest and butt are out
26 Move shoulders and pelvis forward so that chest and butt are in
27&28 Move shoulders and butt at the same time so that chest & butt go out(27) in(&) out(28) (hands are on sides of pelvis throughout counts 25-28)
29-32 Skate LRLR

SECTIONS 5 TO 8 (counts 33-64): Mirror Image of Sections 1 to 4
Start section 5 by turning ¼ left to face 9.00 & roll fists(33&34). You will end with section 8 skating RLRL(61-64) facing back wall and ready to start Part A with R leg.

Note: Dance is advanced in level if optional arm movements are included. Otherwise it's easier than it looks on paper.