

Whipped

40 Count, 4 Wall, Int/Adv

Choreographer: Michael W. Diven (USA) April 2011

Choreographed to: S&M by Rihanna, CD: Loud

Intro: 24

1 CROSS, HOLD X 4

1-2 Cross right over left, hold
3-4 Cross left over right, hold
5-6 Cross right over left, hold
7-8 Cross left over right, hold

2 KICK-BALL-TOUCH, ½ TURN PIVOT, TOE TOUCH TWICE, STEP, ¼ TURN, CROSSING SHUFFLE

1&2 Kick right forward, step right together, touch left toe back
3-4 Dip down, turn ½ left (weight to left)
5&6& Touch right toe forward, step right together, touch left toe forward, step left together
7-8 Step right forward, turn ¼ left (weight to left)

3 CROSSING SHUFFLE, ¼ TURN, ¼ TURN, CROSS, BODY ROLL, CROSS, BODY ROLL

1&2 Cross right over left, step left to side, cross right over left
3-4 Turn ¼ left and step left back, turn ¼ left and step right to side
5 Cross left over right (rotating hips forward then back)
6 Hold
&7 Step right slightly back, cross left over right
8 Hold

4 ROCK, RECOVER, CROSS, ¼ TURN, ¼ TURN, STEP, RIGHT KNEE ROLL, LEFT KNEE ROLL

1&2 Rock right to side, recover to left, cross right over left
3&4 Turn ¼ right and step left back, turn ¼ right and step left forward, step left forward
5-6 Roll right knee out, step down on right
7-8 Roll left knee out, step down on left

5 HEEL JACK LEFT, HEEL JACK RIGHT, STEP, CROSS, HOLD, FULL UNWIND

1&2 Cross right over left, step left to side, touch right heel forward
&3&4 Step right together, cross left over right, step right to side, touch left heel forward
&5 Step left together, step right forward and across
6 Hold
7-8 Full spiral turn left (weight to left)
