

Punishment

Compte: 32

Mur: 4

Niveau: Intermediate

Chorégraphe: Daniel Whittaker (UK)

Musique: Punishment - SHeDAISY



SYNCOPATED ROCK STEPS, MODIFIED SAILOR STEP, STEP PIVOT

- 1-2 Rock right foot to right side, rock left foot to left side
- &3 Step right beside left, rock left foot to left side
- 4 Rock right foot to right side
- 5&6 Step left foot behind right, step right foot beside left, step forward left foot
- 7-8 Step forward right foot, pivot ½ turn left

SIDE BEHIND AND HEEL AND CROSS, SIDE BEHIND AND HEEL AND CROSS

- 1-2 Step right to side, step left behind right
- &3 Step right foot diagonally back, touch left heel diagonally forward
- &4 Step left in place, step right foot in front of left
- 5-6 Step left to side, step right behind left
- &7 Step left foot diagonally back, touch right heel diagonally forward
- &8 Step right foot in place, step left foot in front of right

SIDE BEHIND ¼ TURN RIGHT SHUFFLE, STEP ¾ SIDE TOUCH

- 1-2 Step right foot to the side, step left foot behind right
- 3&4 Make ¼ turn right and step right foot forward, close left to right, step forward right foot
- 5-6 Step left foot forward, keeping feet where they are make ¾ turn right
- 7-8 Step left foot to the side, step right foot up to left

KICK TOUCH OUT, SAILOR STEP ¼ TURN, BUMP HIPS RIGHT-LEFT-RIGHT, BUMP HIPS LEFT-RIGHT-LEFT

- 1&2 Kick right foot forward, step right beside left, touch left to side
- 3&4 Step left foot behind right, step right beside left as you make ¼ turn left, step forward left
- 5&6 Step forward right foot and bump hips right, left, right
- 7&8 Step forward left foot and bump hips left, right, left

REPEAT
