

Punching Bag

Compte: 56

Mur: 2

Niveau: Improver

Chorégraphe: Lorna Mursell (UK) & Roz Chaplin (UK) - October 2012

Musique: Punching Bag - Josh Turner : (CD: Punching Bag)



Intro Start on Vocals

TOES STRUTS, ROCKING CHAIR, RIGHT LOCK STEP, COASTER STEP

- 1& Touch right toe forward, drop right heel taking weight
- 2& Touch left toe forward, drop left heel taking weight
- 3& Rock forward on right, recover onto left
- 4& Rock back on right, recover onto left
- 5&6 Step forward on right, lock left behind right, step forward on right
- 7&8 Step back on left, step right beside left, step left forward

RUMBA BOX, BACK ROCK, ½ TURN, COASTER STEP

- 1&2 Step right to right side, step left beside right, step forward on right
- 3&4 Step left to left side, step right beside left, step back on to left

RESTART HERE ON WALL 3 (FACING 12 O'CLOCK) HOLD POSE TILL MUSIC RESTARTS AGAIN

- 5&6 Rock back on right, recover onto left, make ½ turn left stepping back on right (6)
- 7&8 Step back on left, step right beside left, Step left forward

SIDE TOUCHES, RIGHT GRAPEVINE

- 1-2 Step right to right side, touch left beside right
- 3-4 Step left to left side, touch right beside left
- 5-6 Step right to right side, step left behind right
- 7-8 Step right to right side, touch left beside right

SIDE TOUCHES, LEFT GRAPEVINE

- 1-2 Step left to left side, touch right beside left
- 3-4 Step right to right side, touch left beside right
- 5-6 Step left to left side, step right behind left
- 7-8 Step left to left side, touch right beside left

JAZZ BOX, CROSS ROCK X2. RUN FORWARD 3

- 1&2 Cross right over left, step back on left, step right beside left
- 3&4 Cross rock left over right, recover onto right, step left to left side
- 5&6 Cross rock right over left, recover onto left, step right to right side
- 7&8 Run forward left, right, left

FORWARD TOUCH, BACK KICK, COASTER STEP X2

- 1&2& Step forward Right, touch left behind right, step back left, kick right forward
- 3&4 Step right back, step left beside right, step right forward
- 5&6& Step forward left, touch right behind left, step back right, kick left forward
- 7&8 Step left back, step right beside left, step left forward

HEEL JACKS X2, MAMBO FORWARD, MAMBO BACK

- 1&2& Cross right over left, step left to left side, touch right heel forward, step right in place
- 3&4& Cross left over right, step right to right side, touch left heel forward, step left in place
- 5&6 Rock forward on right, rock back on left, step right beside left
- 7&8 Rock back on left, rock forward on right, step left beside right

