

Vertigo

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - January 2015
音乐: Best I Ever Had - Gavin DeGraw : (Album: Best I Ever Had)



Intro: 16 Counts/7 Seconds (Start on Vocals).....BPM: 136

Kick Right X2. Sailor Step. Cross. 1/4 Turn Left. Shuffle 1/2 Turn.

1 – 2 Kick Right foot forward. Kick Right foot to Right side.
3&4 Cross Right behind Left. Step Left to Left side. Step out on Right.
5 – 6 Cross Left over Right. Make 1/4 Left stepping Right back.
7&8 Shuffle 1/2 Turn Left stepping: Left, Right, Left. [3 O'clock]

Step. Pivot 1/4 Turn. Cross. Side. Cross. Toe Switches. Right Hitch.

1 – 2 Step Right forward. Pivot 1/4 Turn Left. 12 o'clock
3 – 5 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
6&7 Point Left toe out to Left side. Step Left beside Right. Point Right toe out to Right side.
8 Hitch Right knee up. [12 o'clock]

*Restart Here on Walls 3(6.00) & 7 (9.00). On Restart, Replace Count 8 (Hitch) with a Right Toe Touch beside Left.

Back Rock. Shuffle 1/2 Turn Left. Left Back Rock. Walk Forward: Left, Right.

1 – 2 Rock back on Right. Recover weight forward on Left.
3&4 Shuffle 1/2 Turn Left stepping: Right, Left, Right. 6 o'clock
5 – 6 Rock back on Left. Recover weight forward on Right.
7 – 8 Walk forward on Left. Walk forward on Right.

Ball Rock. Cross. Side Step. Left Back Rock. 1/2 Turn Right. Cross Step.

&1-2 Rock Left out to Left side. Recover weight on Right. Cross step Left over Right.
3 – 4 Step Right to Right side. Rock back on Left.
5 – 6 Recover weight forward on Right. Make 1/4 turn Right stepping Left back. [9 o'clock]
7 – 8 Make 1/4 turn Right stepping Right to Right side. Cross step Left over Right. [12 o'clock]

Right Chasse. Back Rock. Left Kick Ball Cross X2.

1&2 Step Right to Right side. Close Left beside Right. Step Right to Right side.
3 – 4 Rock back on Left. Recover weight forward on Right.
5&6 Kick Left to Left diagonal. Step Left beside Right. Cross step Right over Left.
7&8 Kick Left to Left diagonal. Step Left beside Right. Cross step Right over Left.

Left Chasse. Back Rock. Side Touches X2.

1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
3 – 4 Rock back on Right. Recover weight forward on Left.
5 – 8 Step Right to Right side. Touch Left beside Right. Step Left to Left side. Touch Right beside Left.

Back Rock. Step. Pivot 1/2 Turn Left. Scuff-Hitch-Step. Step. Pivot 1/2 Turn Right.

1 – 2 Rock back on Right. Recover weight forward on Left.
3 – 4 Step Right forward. Pivot 1/2 turn Left. [6 o'clock]
5&6 Scuff Right foot forward. Hitch Right knee up. Step forward on Right foot with weight.
7 – 8 Step forward on Left. Pivot 1/2 turn Right. [12 o'clock]

Scuff-Hitch-Step. Step. Pivot 1/4 Turn. Right Jazz Box.

1&2 Scuff Left forward. Hitch Left knee up. Step forward on Left foot with weight.

- 3 – 4 Step Right forward. Pivot 1/4 turn Left. [9 o'clock]
5 – 8 Cross Right over Left. Step back on Left. Step Right to Right side. Step forward on Left. [9 o'clock]

Contact: karlwinsondance@hotmail.com – 07792984427 – karlwinsondance.moonfruit.com
