

Dance Apocalyptic

拍数: 88 墙数: 1 级数: Advanced
编舞者: Roy Hadisubroto (IRE) & Sobrielo Philip Gene (SG) - June 2015
音乐: Dance Apocalyptic by Janellee Monae (The Electric Lady)



[1-8] □ TOE HEEL CROSS, TOE HEEL CROSS, TOUCH KICK CROSS, BACK LOCK, STEP SLIDE, ROCK RECOVER

1&2 Touch right in step of left (1), bring right heel forward (&), cross right over left (2)
&3& Touch left in step of right (&), bring left heel forward (3), cross left over right (&)
4&5 Touch right forward (4), kick right forward (&), cross right over left (5)
&6& Step left back (&), cross right over left(6), step left back(&)
7-8& Step right long step back dragging left towards right (7), rock left back(8), recover weight onto right(&) (12:00)

[9-16] □ STEP BALL STEP, SAILOR DOUBLE HOP RIGHT, DOUBLE HOPE LEFT, SINGLE HOPEE RIGHT/LEFT, DOUBLE HOPE RIGHT

1a2 Step left forward (1), Step right beside left (a) step left forward (2)
3&4& Rock Right back of left(3), step left to left (&), slightly hop to the right on right twice (4&)
NOTE: □ When doing count 4& you would be traveling slightly to the right
5&6& Hop on left twice bringing right leg slightly up (5&), Hop on right twice bringing left leg slightly up (6&)
7& Hop on left once bringing right leg slightly up (7), Hop on right once bringing left leg slightly up (&)
8& Hop on left twice bringing right leg slightly up (8&) (12:00)

[17-24] TOUCH UNWIND, KNEE POP ROCK PREP, TRIPLE FULL TURN, DIAGONAL WALK, 1/8 LONG STEP RIGHT

1-2 Touch right behind left (1), unwind 1/2 turn right (2) (weight on right) (6:00)
3-4 Popping right knee slightly in Transfer weight onto left(3), popping left knee slightly in transfer weight onto right(4), (this will also help you prep to do the triple turn) (6:00)
5&6 Making 1/4 left step left forward(5), 1/2 turn left stepping right back(&), making 1/4 left step left to left(6) (6:00)
7& Making 1/8 left step right forward (7), step left beside right (&)(10:30)
8 Making 1/8 to left take a long step to right dragging left to wards right(8) (9:00)

[25-32] □ DIAGONAL WALK BACK, 1/8 LONG STEP, STEP ¼ STEP CROSS, JUMP KICK, TOUCH UNWIND 3/4, SHORTY GEORGE

1&2 Making 1/8 to the left step left back (1), step right back (&), Making 1/8 to the left take a long step to the left dragging right towards left(2) (12:00)
3&4 Step right forward (3), Making ¼ left turn and cross left over right (&), jump to the right on right slightly kicking left to left (4) (3:00)
5-6 Touch left behind right (5), unwind ¾ left (6) (Weight on Left) (12:00)
7&8 Do 3 tinny runs bending knees a little right (7), left (&), right (8) (12:00)

[33-40] □ KICK STEP BACK, BEHIND 1/2 FORWARD STEP, ROCKING CHAIR

1-2 Kick left forward (1), step left back (2) (12:00)
3&4 Step right back (3), making 1/2 turn left step left forward (&) step right forward (4)(6:00)
5&6& Rock left forward(5), recover weight onto right(&), rock left back(6), recover weight onto right(&)
7&8 Rock left forward (7), recover weight onto right (&), rock left back (8)(6:00)

[41-48] □ DIAGONAL BACK TOUCH, 1/4 TURN SIDE TOGETHER TOUCH, STEP FORWARD HOLD, KNEE POPS

- 1& Step right diagonally back (1), touch left beside right (&
 2& Step left diagonally back (2), touch right beside left (&
 3&4 Making 1/4 left step right to right (3), step left beside right (&), step right to right (4) (9:00)
 &5-6 Step left forward (&), step right forward (5), hold (6) (feet apart)
 7&8& Pop left knee in (7), pop right knee in (&), Pop left knee in (8), pop right knee in (&
(WEIGHT ON LEFT) (9:00)

(I NEED TO KNOW)

[49-56] □ KICK CROSS SIDE ROCK (Right then Left) KICK CROSS BACK STEP, KICK CROSS BACK 1/4

- 1& Kick right forward (1), cross right over left (&
 2& Rock left to left (2), recover weight onto right (&
 3& Kick left forward (3), cross left over right (&
 4& Rock right to right (4), recover weight onto Left (&
Note: when doing counts 1-4& above you would be traveling slightly forward
 5& Kick right forward (5), cross right over left (&
 6& Step left back (6), step right back (&
 7& Kick left forward (7), cross left over right (&
 8& Step right back (8), making 1/4 left step left to left (&

Part C (Smash smash, Bang Bang, Don't Stop)

[57-64] □ STEP STEP, DIAGONALLY STEP TOGETHER STEP, STOMP HOLD, 4 TINY SKATES

- 1-2 Step right forward (1), step left forward (2)
Hands: Both hands up with Palm facing front push up to right on 1 and left on 2
 3&4 Step Right diagonally forward (3), step left beside right (&), step right forward (4)
Hands: On both hands doing a Gun shooting to the right twice
 5-6 Step left to left (5), bring hands up at chest level with palm facing forward showing a Stop sign (6)
 7&8& Skate right slightly to right (7), skate left slightly to left (&), Skate right slightly to right(8), skate left slightly to left (&),

(I NEED TO KNOW)

[65-72] □ KICK CROSS SIDE ROCK (Right then Left) KICK CROSS BACK STEP, KICK CROSS BACK STEP

- 1& Kick right forward (1), cross right over left (&
 2& Rock left to left (2), recover weight onto right (&
 3& Kick left forward (3), cross left over right (&
 4& Rock right to right (4), recover weight onto Left (&) (12:00)
Note: when doing counts 1-4& above you would be traveling slightly forward
 5& Kick right forward (5), cross right over left (&
 6& Step left back (6), step right back (&
 7& Kick left forward (7), cross left over right (&
 8& Step right back (8), step left to left (&) (12:00)

NOTE: THERE IS NO ¼ TURN ON THIS PART)

(Smash smash, Bang Bang, Don't Stop)

[73-80] □ STEP STEP, DIAGONALLY STEP TOGETHER STEP, STOMP HOLD, 4 TINY SKATES

- 1-2 Step right forward (1), step left forward (2) (12:00)
Hands: Both hands up with Palm facing front push up to right on 1 and left on 2
 3&4 Step Right diagonally forward (3), step left beside right (&), step right forward (4)
Hands: On both hands doing a Gun shooting to the right twice
 5-6 Step left to left (5), bring hands up at chest level with palm facing forward showing a Stop sign (6)
 7&8& Skate right slightly to right (7), skate left slightly to left (&), Skate right slightly to right(8), skate left slightly to left (&) (12:00)

[81-88] □ REPEAT COUNT 73-80 (Smash smash, Bang Bang, Don't Stop)(12:00)

