

They Haunt Me

拍数: 80 墙数: 1 级数: Phrased Intermediate
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音乐: Ex's & Oh's - Elle King



Sequence: A, A, B, B, C, Tag, A, A, B, B, C, C, Tag x 2, B, B, C, C, Tag ending
Intro: □ 16 counts

Part A: 32 counts

A1: VINE 2 RT, UNWIND FULL TURN (4 BEATS), VINE 2 LT:

1-2 Step Rt foot to side, step Lt foot behind Rt foot
3-4 Step Rt foot to side with a ¼ turn to the right (facing 3 o'clock), step Lt foot forward
5 Pivot ½ turn to the right (facing 9 o'clock), shifting weight onto Rt foot
6 Step forward with Lt foot while turning ¼ turn to right to face front (12 o'clock)
7-8 Step Rt foot behind Lt foot, step Lt foot to left side

A2: RT KICK BALL CHANGE; RT KICK BALL CHANGE; OUT, OUT, IN, IN:

1&2 Kick Rt foot forward, step down on ball of Rt foot, step down on Lt foot
3&4 Kick Rt foot forward, step down on ball of Rt foot, step down on Lt foot
5-6 Step Rt foot forward diagonally to the right, step Lt foot forward, diagonally to the left
7-8 Step Rt foot back, step Lt foot back

A3: TOE STRUTS X 4:

1-2 Step Rt toes forward, put Rt heel on floor, put weight on Rt foot
3-4 Step Lt toes forward put Lt heel on floor, put weight on Lt foot
5-6 Step Rt toes forward, put Rt heel on floor, put weight on Rt foot
7-8 Step Lt toes forward, put Lt heel on floor, put weight on Lt foot

A4: JAZZ BOX ¼ TURN TO RT; JAZZ BOX ¼ TURN TO RT:

1-2 Step Rt foot across in front of Lt foot, step Lt foot back
3-4 Step Rt foot to Rt side with ¼ turn to right, step Lt foot beside Rt foot (facing 3 o'clock)
5-6 Step Rt foot across in front of Lt foot, step Lt foot back
7-8 Step Rt foot to Rt side with a ¼ turn to right, step Lt foot beside Rt foot (facing 6 o'clock)

REPEAT PART A (end facing the front @ 12 o'clock)

PART B: 16 counts

B1: RT TOUCH FWRD, TOUCH SIDE, SAILOR STEP; LT TOUCH FWRD, TOUCH SIDE, SAILOR STEP:

1-2 With weight on Lt foot, touch Rt toe forward then to the Rt side
3&4 Step Rt foot behind Lt foot, step Lt foot to the side, step Rt foot beside Lt foot
5-6 With weight on Rt foot, touch Lt toe forward then to the Lt side
7&8 Step Lt foot behind Rt foot, step Rt foot to the side, step Lt foot beside Rt foot

B2: SYNCOPATED TOE AND HEEL TOUCHES, RT TOE BEHIND LT FOOT, HOLD, PIVOT ½ TURN TO RT, HOLD:

1& With weight on Lt foot, touch Rt toe to right side, step Rt foot beside Lt foot
2& With weight on Rt foot, touch Lt toe to left side, step Lt foot beside Rt foot
3& With weight on Lt foot, touch Rt heel forward, step Rt foot beside Lt foot
4 With weight on Rt foot, step on Lt foot
5-6 Touch Rt toe behind Lt foot, hold
7-8 Pivot turn ½ to right (facing 6 o'clock), hold (weight is on Lt foot)

REPEAT PART B (end facing the front @ 12 o'clock)

PART C: 32 counts

C1: X'S AND O'S, CLAP:

1-2 Hip bumps to the right x 2

(stand in place with weight on both feet, cross arms across chest to form the letter "X", tap shoulders with your hands while doing hip bumps)

3-4 Hip bumps to Lt x 2

(Same as above)

5-6-7 Shimmy while swinging both arms down, to the sides & up over your head to form the letter "O",

8 Clap hands together, then drop them to your side

C2: CHASSE RT, ROCK, RECOVER, CHASSE LT, ROCK, RECOVER:

1&2 Step Rt foot to the Rt side, step Lt foot beside Rt foot, step Rt foot to the Rt side

3-4 Rock Lt foot back, recover weight to Rt foot

5&6 Step Lt foot to the Lt side, step Rt foot beside Lt foot, step Lt foot to the Lt side

7-8 Rock Rt foot back, recover weight to Lt foot

C3: SHUFFLE RT FORWARD, ROCK STEP, SHUFFLE LT BACK, ROCK STEP:

1&2 Step Rt foot forward, step Lt foot beside Rt foot, step Rt foot forward

3-4 Rock Lt foot forward, rock back on Rt foot

5&6 Step Lt foot back, step Rt foot beside Lt foot, step Lt foot back

7-8 Rock Rt foot back, rock forward on Lt foot

C4: MONTEREY 1/2 TURNS RT X 2:

1-2 With weight on Lt foot, touch Rt toe to Rt side, make ½ turn over Rt shoulder, step Rt foot beside Lt foot, putting weight on Rt foot

3-4 Touch Lt toe out to Lt side, step Lt foot beside Rt foot, putting weight on Lt foot

5-6 Touch Rt toe to Rt side, make ½ turn over Rt shoulder, step Rt foot beside Lt foot, putting weight on Rt foot

7-8 Touch Lt toe out to Lt side, step Lt foot beside Rt foot putting weight on Lt foot

TAG:

RUMBA BOX, HOLD:

1-2 Step Rt foot to Rt side, step Lt foot next to Rt foot

3-4 Step Rt foot forward, hold

5-6 Step Lt foot to Lt side, step Rt foot next to Lt foot

7-8 Step back on Lt foot, hold

RT SCISSOR STEP, HOLD, LT SCISSOR STEP, HOLD:

1-2 Step Rt foot to Rt side, step Lt foot beside Rt foot

3-4 Cross Rt foot in front of Lt foot, hold

5-6 Step Lt foot to Lt side, step Rt foot beside Lt foot

7-8 Cross Lt foot in front of Rt foot, hold

TAG ENDING = FIRST 1 3 STEPS OF TAG:

[1-4] Rumba box, hold,

1-4 Rt side together, cross, hold

1 Stomp Lt foot forward & swing arms out in Broadway style

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