

Itch

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Pam Conner (USA) - November 2016
音乐: The Itch - Keb' Mo'



Intro: 32 cts

S1: (PRISSY)WALK R, L, CROSS R, STEP BACK 1/4 R, & CROSS L W/ HOLD & CROSS L & COLLECT

1,2,3,4 Walk forward R, L, cross R, step back on left while turning 1/4 to R
&5,6, &7&8 Step R, cross L, hold, and step and cross L and step R&L together, weight L (1:30)

S2: STEP R, POINT, STEP L, POINT, CROSS R, 1/2 TURN R ON L, HOLD, & STEP R, STEP L

1,2,3,4 On R diagonal, step R, point L side, step L, point R side
5,6,7&8 Cross R, step back on L while turning 1/2 turn R, hold and step R, L (7:30)

S3: STEP R, L W/ 1/2 TURN R, R COASTER, STEP R, L W/ 1/2 TURN R, ANCHOR STEP

1,2,3&4 On R diagonal, step forward R while turning 1/2 R, step together L, coaster step R
5,6,7&8 On R diagonal, step forward L while turning 1/2 R, step together R, anchor step in place
□L,R,L (7:30)

S4: ROCK BACK R, STEP 1/2 PIVOT L, ROCK, FULL TURNING R COASTER CROSS

1,2,3,4 Rock back, recover R,L, step R, 1/2 pivot to L, squaring up to front wall
5,6,7&8 Rock forward, recover R,L, turn R stepping R,L, ending with R cross (12:00)

S5: COLLECT TO R DIAG L,R, WALK L,R,L, & JUMP & TOUCH 3X (1/8 R, THEN 1/4 L, IN PLACE), POINT L

&1,2,3,4 On R diagonal, step together L,R w/ weight R, walk forward L,R,L
&5,&6,&7,&8 Jump and touch to 3:00, R,L, then to 6:00, again at 6:00, point L out and in (6:00)

S6: STEP 1/4 L, ROCK R RECOVER, 1/2 R, STEP & PREP L, TURN L 1 1/4 W/ R,L,R, STEP L

1,2,3,4 Step while turning 1/4 L, rock forward & recover R,L, rotate 1/2 turn R and step R
5,6&7,8 Step L, prepping body to R, turn L 1&1/4 on spot with R,L,R, step forward L (12:00)
(Restart happens here on wall 2, facing 12:00)

S7: ROCK FORWARD R, WEAVE W/ 1/4 TURN L, ROCK L, LEFT COASTER

1,2,3&4 Rock forward and recover R,L, behind side forward with 1/4 turn L with R,L,R
5,6,7&8 Rock forward and recover, L,R, L coaster (3:00)

S8: STEP 1/2 PIVOT L, 1/4 L SHUFFLE, SWAY L,R, SHUFFLE FORWARD

1,2,3&4 Step forward R, pivot 1/2 L stepping with L, shuffle R,L,R while turning 1/4 L
5,6,7&8 Sway L,R, shuffle forward L,R,L (6:00)

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