

Ruin

拍数: 96 墙数: 2 级数: Phrased Advanced
编舞者: Kim Ray (UK) - August 2017
音乐: Ruin - Shawn Mendes



SEQUENCE: A A B A A B A A with Restart B A

Intro: 24 counts – on vocals

A1: SIDE STEP, TOGETHER, CROSS, ½ TURN RIGHT CROSS, SIDE STEP, TOGETHER, CROSS, COASTER CROSS ¼ TURN RIGHT

- 1-3 Step right to right side, step left next to right, cross step right over left
- 4-6 ¼ turn right stepping back on left, ¼ turn right stepping right to right side, cross step left over right (7:30)
- 7-9 Step right to right side, step left next to right, cross step right over left straightening up to (6:00)
- 10-12 ¼ turn right stepping back on left, step right to right side, cross step left over right (9:00)

A2: SIDE, DRAG, SWEEP, SAILOR ½ TURN LEFT, PIVOT ½ TURN LEFT, STEP/PRESS, COASTER STEP

- 1-3 Step side right, drag left to right, sweep left out and round (anti-clockwise)
- 4-6 Cross left behind right as you make ½ turn left, step right in place, step forward on left (3:00)
- 7-9 Step forward on right, pivot ½ turn left, small step/press forward on right (9:00)
- 10-12 Step back on left, step right beside left, step forward on left

(RESTART WITH B HERE MAKING 1/8 TURN LEFT TO FACE 12:00)

A3: FORWARD, ½ TURN LEFT SWEEP, BEHIND SIDE CROSS, FORWARD SIDE BACK, BACK SIDE FORWARD

- 1-3 Step forward on right, ½ turn left sweeping left out and back over 2 counts (3:00)
- 4-6 Cross left behind right, step right to right side, cross step left over right (4:30)
- 7-9 Step forward on right, 1/8 turn right stepping left to left side, 1/8 turn right stepping back on right (7:30)
- 10-12 Step back on left, step right to right side, step forward on left

A4: STEP, HITCH, HOLD, CROSS SIDE ROCK/RECOVER, CROSS ½ TURN RIGHT, ROCK/RECOVER ½ TURN LEFT

- 1-3 Step forward on right, hitch left knee, hold
- 4-6 Cross step left over right, rock right to right side, recover on left straightening up to (6:00)
- 7-9 Cross step right over left, ¼ turn right stepping back on left, 3/8 turn right stepping forward on right (1:30)
- 10-12 Rock forward on left, recover back on right, ½ turn left stepping forward on left (7:30)

B1: CROSS BACK BACK x 2, BACK ROCK/RECOVER, FORWARD, STEP FORWARD, FULL TURN LEFT

- 1-3 Cross step right over left, step back on left, step back on right (1:30)
- 4-6 Cross step left over right, step back on right, step back on left
- 7-9 Rock back on right, recover on left, step forward on right
- 10-12 Step forward on left, ½ turn left stepping back on right, ½ turn left stepping forward on left (1:30)

B2: PIVOT ½ TURN LEFT, SIDE, TWINKLE STEPS x 2, FORWARD, FULL TURN LEFT

- 1-3 Step forward on right, ½ pivot turn left, step side right (7:30)
- 4-6 Cross left over right, rock right to right side, recover on left (travelling forward)
- 7-9 Cross right over left, rock left to left side, recover on right (travelling forward)
- 10-12 Step forward on left, ½ turn left stepping back on right, ½ turn left stepping forward on left (7:30)

B3: ¾ DIAMOND FALLAWAY RIGHT, COASTER CROSS

- 1-3 Step forward on right, 1/8 turn right stepping left to left side, 1/8 turn right stepping back on right (10:30)
- 4-6 Step back on left, 1/8 turn right stepping right to right side, 1/8 turn right stepping forward on left (1:30)
- 7-9 Step forward on right, 1/8 turn right stepping left to left side, step back on right (3:00)
- 10-12 Step back on left, step right beside left, cross step left over right (3:00)

B4: SIDE ROCK/RECOVER, CROSS, ½ TURN RIGHT, CROSS, SIDE ROCK/RECOVER, CROSS, ¾ TURN RIGHT, FORWARD

- 1-3 Rock right to right side, recover on left, cross step right over left
- 4-6 ¼ turn right stepping back on left, ¼ turn right stepping right to right side, cross step left over right (9:00)
- 7-9 Rock right to right side recover on left, cross step right over left
- 10-12 ¼ turn right stepping back on left, ½ turn right, step forward on left (6:00)

To Finish dance whole of last A to face front, slowly cross step right over left and slowly unwind full turn left

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