

Sting So Bad

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - January 2018
音乐: Sting (Radio Edit) - Eric Saade



Music available on Download from iTunes & www.amazon.co.uk
(Intro: 16 Counts)

S1: Cross. Side. Behind-Side-Point. 1/4 Turn Left. 1/2 Turn Left. Sailor 1/4. Cross.

1 – 2 Cross Left over Right. Step Right to Right side.
3&4 Cross Left behind Right. Step Right to Right side. Point Left out to Left side.
5 – 6 Turn 1/4 Left stepping Left forward (9.00). Turn 1/2 Left stepping Right back (3.00).
7&8 Turn 1/4 Left crossing Left behind Right. Step Right beside Left. Cross step Left over Right (12.00).

S2: Side Rocks Right & Left. Forward Step. Pivot 1/2 Turn Right. 1/2 Turn Right. Walk Back.

1 – 2 Rock Right to Right side. Recover weight on Left.
&3-4 Step Right beside Left. Rock Left out to Left side. Recover weight on Right.
5 – 6 Step forward on Left. Pivot 1/2 turn Right (6.00).
7 – 8 Turn 1/2 Right walking back on Left. Walk back on Right (12.00).

S3: Back-Drag. Ball-Step. Walk Forward. Side Rock. Forward Step. Right Side Rock.

1 – 2 Step Big Step back on Left. Drag Right up towards Left.
&3-4 Step Right beside Left. Walk forward on Left. Walk forward on Right.
&5-6 Rock Left out to Left side. Recover weight on Right. Step forward on Left.
7 – 8 Rock Right out to Right side Recover weight on Left.

S4: Cross. 1/4 Turn Right. Right Chasse. Cross Rock. & Touch. Right Hip Bump. Together.

1 – 2 Cross Right over Left. Turn 1/4 Right stepping Left back (3.00).
3&4 Step Right to Right side. Close Left beside Right. Step Right to Right side.
5 – 6 Cross Rock Left over Right. Recover weight on Right.
&7 Step Left to Left side and slightly back. Touch Right beside Left.
&8& Bump Right hip up. Recover hip to center. Step Right in place beside Left with weight.

****Tag/Restart here on Wall 5 (See bottom of script for description).**

S5: Left Samba Step. Cross Step. Side. Right Back Rock. Hinge Turn Left.

1&2 Step Left forward crossing slightly over Right. Rock Right to Right side. Recover weight on Left.
3 – 4 Cross Right over Left. Step Left to Left side.
5 – 6 Rock back on Right. Recover weight on Left.
7 – 8 Turn 1/4 Left stepping Right back (12.00). Turn 1/4 Left stepping Left to Left side (9.00).

S6: Cross. Hold. & Behind. 1/4 Turn Left. Forward Rock. Right Sailor Step

1 – 2 Cross Right over Left. Hold.
&3-4 Step Left to Left side. Cross Right behind Left. Turn 1/4 Left stepping Left forward (6.00).
5 – 6 Rock forward on Right. Recover weight on Left.
7&8 Cross Right behind Left. Step Left to Left side. Step Right out to Right side (6.00).

***Restart here on Walls 1 & 3 (both facing 6 o'clock Wall).**

S7: Cross Rock. Shuffle 1/4 Turn. Step. Pivot 1/4 Turn Left. Cross. 1/4 Turn Right.

1 – 2 Cross rock Left over Right. Recover weight on Right.
3&4 Step Left to Left side. Close Right beside Left. Turn 1/4 Left stepping Left forward (3.00).
5 – 6 Step Right forward. Pivot 1/4 Turn Left (12.00).

7 – 8 Cross step Right over Left. Turn 1/4 Right stepping Left back (3.00).

S8: 1/4 Turn Right. Hold. Ball-Side Rock. Cross. Side. Right Sailor Step.

1 – 2 Turn 1/4 Right stepping Right out to Right side. Hold (6.00).

&3-4 Step Left beside Right. Rock Right out to Right side. Recover weight on Left.

5 – 6 Cross Right over Left. Step Left to Left side.

7&8 Cross Right behind Left. Step Left to Left side. Step Right out to Right side.

Start Again!

***Restarts: On Walls 1&3, Dance 48 Counts and restart the dance facing 6 o'clock Wall (both happen facing the back)**

****Tag/Restart: The following 4 Count Tag happens during Wall 5 after 32 Counts (Restart facing 12.00 wall).
Jazz Box 1/4 Turn Left.**

1 – 4 Cross Left over Right. Turn 1/4 Left stepping Right back. Step Left to Left side. Close Right together beside Left.

Contact: 07792984427 – karlwinsondance@hotmail.com
