

Metal - Why not?

拍数: 48 墙数: 4 级数: Phrased Improver
编舞者: Sascha Wolf (DE) - December 2019
音乐: Steh auf - Lindemann



Don't forget - its all about Fun ;-)

Start with the Bridge after 32 counts

Bridge: Do 1-16 Counts of Airguitar including a Step touch starting to right.
Change to left and do the same from 17-32 to the other side

Tag: Do 8 Counts of Steps touch with Airguitar

Part A

Step Touch with Airguitar Arms

1 2 3 4 RF Step to right, LF touch to RF, LF Step to left, RF touch to LF
5 6 7 8 RF Step fwd, LF touch to RF, LF step back, RF touch to LF

Grapevin, Metalhand, Headbang

1 2 3 4 Rf to side, LF cross behind RF, LF to side, RF touch to LF
1 2 3 4 LF small step to side, RF small step to side (out out) with energy step u add a Metal hand, Do a Headband on 3 and on 4

Jazzbox, Weave

1 2 3 4 LF cross over RF, RF back, LF to side, RF cross over LF
5 6 7 8 LF to side, RF cross behind LF, LF to side, RF cross over LF

V- Step

1 2 3 4 LF step diagonal fwd, RF diagonal fwd, LF back, RF close to LF, do a 1/4 turn to left while V-Step
5 6 7 8 LF step diagonal fwd, RF diagonal fwd, LF back, RF close to LF, do a 1/4 turn to left while V-Step

Part B (easy Version)

Jump, Rocking Chair

1 2 3 4 Do 4 Jumps with Arms you like to celebrate
5 6 7 8 RF step fwd, LF back on Place, RF back LF fwd on Place
1 2 3 4 RF step fwd, LF back on Place, RF back LF fwd on Place
5 6 7 8 RF step fwd, LF back on Place, RF back LF fwd on Place with a 1/4 turn to left

Part B (Jump Version)

Jump, Jumping Rocking Chair

1 2 3 4 Do 4 Jumps with Arms you like to celebrate
5 6 7 8 RF hop fwd and LF Flick behind RF, LF hop back on Place, RF hop back and LF kick, LF hop fwd on Place
5 6 7 8 RF hop fwd and LF Flick behind RF, LF hop back on Place, RF hop back and LF kick, LF hop fwd on Place
5 6 7 8 RF step fwd, LF back on Place, RF back LF back on Place with a 1/4 turn to left

Bridge A A B B TAG A A B B B B Bridge A Tag Tag B B B B Metal Hand at the End

