

MJ Bad

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Sobrielo Philip Gene (SG) - April 2020
音乐: Bad - Michael Jackson



Intro: 32 c

[&1-]8 STEP CROSS KICK, CROSS ROCK STEP, KNEE POP, TRIPLE TURN

&1-2 Step left beside right (&), cross right over left (bend knees) (1), Kick left to left (2)
(Straighten knees)
3&4 Rock left over right (3), recover weight onto right (&), step left to left (4)
5-6 Pop right knee in (5), pop left knee in right back to center (6)
7&8 ¼ left step left forward (7), 1/2 left step right back (&), step left ¼ to left (8) (12:00)

[9-16] ROCK BACK SLIDE BEHIND SIDE CROSS TOE SWITCHES

1&2 Rock right behind left (1), recover weight onto left (&), long step right to right sliding left
towards right (2)
3&4 Step left behind right (3), step right to right (&), cross left over right (4)
5&6& Point right to right (5), step left beside left (&), point left to left (6) step left beside left (&)
7&8& Point right to right (7), step left beside left (&), point left to left (8) step left beside left (&)

Note: On counts 6 and 8 pop shoulders forward

[17-24] KICK BALL STEP, OUT OUT, BALL CROSS, KNEE POP, BALL TOUCH SNAP

1&2 Kick right forward (1), step right beside left (&), step left forward (2)
3-4 Step right forward to right (3), step left forward to left (4) (feet apart)
&5 Step right beside left (&) cross left over right (5)
&6 Pop both Knees out (&), bring both knee back (6) (Easy option heel bounce)
&7-8 Step right to right (&), Touch left behind right (7), Snap right fingers down to right side (8)

[25-32] BALL TOUCH, BALL TOUCH, BALL SCUFF STEP, SAILOR STEP, HOLD BALL STEP

&1 Step left to left (&), touch right beside left (1)
&2 Step right to right (&), Touch left beside right (2)
&3-4 Step left to left (&), scuff right beside left (3), step right forward (4),

Note: On count 4 use right index finger and point front

5&6 Rock left behind right (5), step right slightly right (&), step left to left (6),

Note: On count 6 bring right hand down to right side with palm facing down

7&8 Hold (7), step right beside left (&) step left to left (8)

[33-40] CROSS ROCK CROSS SHUFFLE, DIGONAL TOGETHER HEEL BOUNCE CROSS 1/4 BACK POP

1-2& Cross rock right over left (1), recover weight onto left (2), Step right to right (&),
3&4 Cross left over right (3), step right to right (&) cross left over right (4)
&5 Step right to right facing diagonally left (&), step left beside right (5) (4:30)
&6 Bring heels up (&), bring heel down (6),

Note On counts &5-&6: Bring both hands up and over the head elbows facing out and fists clench

7&8 Cross right over left (7), 3/8 turn right step left back (&), step right back and pop left knee
up(8) (3:00)

[41-48] STEP LOCK, FORWARD LOCK STEP, PIVOT 1/2, KICK BALL POINT

1-2 Step left forward (1), lock right behind left while hitching right (2)
3&4 Step left forward (3), lock right behind left (&), Step left forward (4) (3:00)
5&6 Step right forward (5), ½ turn left (6) (9.00)
7&8 Kick right forward (7), step right to right (&), point left to left (8)

Note: Place left hand on your belt buckle, Right to the right side (just like what MJ Would do)

Contact: sphilipg@hotmail.com
