

Noise

拍数: 112 墙数: 1 级数: Advanced
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音乐: Noise! - Chris Mann : (iTunes)



Intro: 16 counts (app. 13 secs into track). Start with weight on R foot
Sequence: ABC, ABC, BCCB + Ending

A Part: You only do A twice and it always starts facing 12:00

[1 – 8] Side step L, R knee pop, recover, R knee pop, ¼ R fwd, ¼ R step slide, Hold, flick L

- 1 – 2 Step L out to L side (1), pop R knee in towards L (2) 12:00
- 3 – 4 Recover back on R foot (3), pop R knee in towards L (4) 12:00
- 5 – 6 Turn ¼ R stepping R fwd (5), turn ¼ R stepping L a big step L sliding R towards L (6) 6:00
- 7 – 8 Hold (7), step R next to L flicking L out to L side at the same time (8) 6:00

[9 – 17] Cross & down, click & up, down, click & up, out RL, hip roll, twist heels RL 1/8 R

- 1 – 2 Cross L over R bending in knees (1), straighten knees clicking fingers out to both sides (2) 6:00
- 3 – 4 Bend in knees bringing hands in (3), straighten knees clicking fingers out to both sides (4) 6:00
- 5-6-7 Step R to R side (5), step L to L side starting to roll hips left (6), roll hips back (7) 6:00
- 8 – 1 Roll hips R twisting heels R (8), twist both heels to L side turning 1/8 R (1) – weight L 7:30

[18 – 25] Kick R, step back R, kick L, step back L, back R sweep ¼ L, back L, point R & bend

- 2 – 3 Kick R fwd (2), step back on R (3) 7:30
- 4 – 5 Kick L fwd (4), step back on L (5) 7:30
- 6 – 7 Step back on R turning ¼ L sweeping L to L side (6), sweep L backwards (7) 4:30
- 8 – 1 Step back on L (8), point R backwards bending in both knees (1) 4:30

[26 – 32] Up + chest pop, down, up + chest pop, R fwd, ½ L with slow foot rise & kick, down L

- 2 – 3 Straighten L leg popping chest fwd (2), bend knees again (3) 4:30
- 4 – 5 Straighten L leg popping chest fwd (4), step R fwd (5) 4:30
- 6 – 7 Go up on ball of R starting to turn ½ L kicking L fwd (6), finish ½ turn L (7) 10:30
- 8 Drop down on L (8) 10:30

[33 – 40] Point R fwd & side, behind with 1/8 R, point L, cross in front, Hold, out out ball fwd

- 1 – 2 Point R fwd (1), point R to R side (2) 10:30
- 3 – 4 Cross R behind L squaring up to 12:00 (3), point L to L side (4) 12:00
- 5 – 6 Cross L over R (5), Hold (6) 12:00
- &7&8 Step R to R side (&), step L to L side (7), step R in towards L (&), place L fwd (8) 12:00

[41 – 48] Knee pops X 2, back L, touch R fwd, back R, touch L fwd, L sailor 1/8 L with prep

- &1&2 Pop knees fwd (&), push knees back again (1), pop knees fwd (&), push knees back again (2) – weight on R 12:00
- 3 – 4 Step back on L (3), touch R fwd (4) 12:00
- 5 – 6 Step back on R (5), touch L fwd (6) 12:00
- 7&8 Cross L behind R (7), turn 1/8 L stepping R a small step to R side (&), step L fwd prepping body to L side (8) 10:30

[49 – 56] Full turn R over 2 counts, R fwd, 1/8 R point, snake roll L over 2 counts, walk RL fwd

- 1 – 2 Spin a full turn on L sweeping R around (1-2) 10:30
- 3 – 4 Step R fwd (3), turn 1/8 R on R pointing L to L side (4) 12:00
- 5 – 6 Start snake roll from R to L (5), finish snake roll transferring weight to L (6) 12:00
- 7 – 8 Walk R fwd (7), walk L fwd (8) 12:00

[57 – 64] Fwd R, touch L, back L, touch R (all with shimmies), side R STOP, Hold, drag L tog

- 1 – 2 Step R fwd (1), touch L behind R (2) ... Styling: shimmy shoulders over both counts 12:00
- 3 – 4 Step L back (3), touch R next to L (4) ... Styling: shimmy shoulders over both counts 12:00
- 5 – 6 Step R out to R side making a stop sign with R hand fwd (5), Hold (6) 12:00
- 7 – 8 Start dragging L next to R and pulling R arm in (7), touch L next to R prepping body R (8) 12:00

B Part: You do B 4 times and it always starts facing 12:00

[1 – 8] L fwd, step turn step, step turn, rock L fwd, rock L to L side, behind side cross sweep

- 1 Step L fwd (1) 12:00
- 2&3 Step R fwd (2), turn ½ L stepping onto L (&), step R fwd (3) 6:00
- 4& Step L fwd (4), turn ½ R stepping onto R (&) 12:00
- 5&6& Cross rock L over R (5), recover on R (&), rock L to L side (6), recover on R (&) 12:00
- 7&8 Cross L behind R (7), step R to R side (&), cross L over R sweeping R fwd (8) 12:00

[9 – 16] Step R fwd, step turn step, step turn, rock R fwd, rock R to R side, behind side cross

- 1 Step R fwd (1) 12:00
 - 2&3 Step L fwd (2), turn ½ R stepping onto R (&), step L fwd (3) 6:00
 - 4& Step R fwd (4), turn ½ L stepping onto L (&) 12:00
 - 5&6& Cross rock R over L (5), recover on L (&), rock R to R side (6), recover on L (&) 12:00
 - 7&8 Cross R behind L (7), step L to L side (&), cross R over L (8) 12:00
- Note: counts 9-16 are counts 1-8 repeated but with your R foot

C Part: You do C 4 times and it always starts facing 12:00

[1 – 8] Step touches L&R with arm pushes, L fwd & arms to ears, arms fwd & bend knees, roll arms & turn ½ R

- 1 – 2 Step L to L side leaning body L pushing R hand down along R side of body (1), touch R into floor (2) 12:00
- 3 – 4 Step R to R side leaning body R pushing L hand down along L side of body (3), touch L into floor (4) 12:00
- 5 – 6 Step L fwd bringing both hands up to your ears (5), bend knees and straighten arms fwd (6) 12:00
- 7 – 8 Roll your arms backwards starting to turn ½ R (7), finish ½ turn changing weight to R (8) 6:00

[9 – 16] Step slide L fwd, step RL out & hands to mouth,

- 1 – 2 Step L a big step fwd dropping arms down again (1), drag R next to L (2) 6:00
- 3 – 4 Step R out to R side bringing R hand up to R side of your head with palm open fwd (3), step L out to L side bringing L hand up to L side of your head with palm open fwd (4) 6:00
- 5 – 6 Turn 1/8 L bouncing body backwards and reach arms fwd (5), turn 1/8 R bouncing body backwards and keep arms fwd (6) 6:00
- 7 – 8 Turn 1/8 R bouncing body backwards and keep arms fwd (7), pull arms into body with hands fist and transferring weight to R foot (8) ...Technically your body is facing 7:30 but your wall is 6:00 ... 6:00

[17 – 32] Repeat counts 1 – 16 12:00

Ending When finishing your last B there is one extra beat after the behind side cross: then bring both hands up to your mouth to stop making noise □ 12:00

