

Headphones

拍数: 84 墙数: 1 级数: Phrased Advanced
编舞者: Tim Johnson (UK) & Rebecca Lee (MY) - June 2022
音乐: Headphones - Banx & Ranx & Rêve



Count In: Dance begins after 8 counts

Notes: A – 32 counts, B – 4 counts, C – 32 counts, D – 16 counts

Sequence – A,B,C,D,A,B,C,D,A,D,A16 restart, A,B

A: 32c

[1-8] R rock recover, R behind side cross, ball cross, L side ¼ twist, L coaster step (8&1).

- 1-2 Rock R to right side (1), recover weight back to L (2)
- 3&4 Step R behind L (3) step L to left side (&) cross R over L (4)
- &5 Step L to left side (&) cross R over L (5)
- 6-7 Step L to left side (6) taking weight back on to R make a ¼ left (7) end facing 9 o'clock
- 8& Step L back (8) step R next to L (&)

[9-16] step R, ½ L, forward R, ¾ paddle turn on L, hitch L

- 1-2 *Step forward on L (1) {*end of coaster step} Step forward on R (2)
- 3-4 Making a ½ turn over left, take weight on L (3) step forward on R (4) end facing 3 o'clock
- 5-6 -7 -8 making a ¼ turn right, touch L out to left side (5) making a ¼ turn right, touch L out to left side (6) making a ¼ turn right, touch L out to left side (7) hitch L (8) end facing 12 o'clock

*Restart happens here the 4th time you do section A. When this comes on count 16, rather than hitching, step down on L allowing you to restarting by rocking R to right side.

[17-24] L rock recover, L behind side cross, ball cross, R side ¼ twist, R coaster step (8&1).

- 1-2 Rock L to left side (1), recover weight back to R (2)
- 3&4 Step L behind R (3) step R to right side (&) cross L over R (4)
- &5 Step R to right side (&) cross L over R (5)
- 6-7 Step R to right side (6) taking weight back on to L make a ¼ right (7) end facing 3 o'clock
- 8& Step R back (8) step L next to R (&)

[25-32] step L, ½ R, Forward L, ¾ paddle turn on R, hitch R

- 1-2 *Step forward on R (1) {*end of coaster step} Step forward on L (2)
- 3-4 Making a ½ turn over right, take weight on R (3) step forward on L (4) end facing 9 o'clock
- 5-6 -7 -8 making a ¼ turn left, touch R out to right side (5) making a ¼ turn left, touch R out to right side (6) making a ¼ turn left, touch R out to right side (7) hitch R (8) end facing 12 o'clock

B: 4c

[1-4] Out out, heels toes heels

- 1-2 Step R out to right diagonal (1) Step L out to left diagonal (2)
- &3-4 Bring both heels in (&) bring both toes in (3) bring both heels in (4) *weight ends on L

C: 32c

[1-8] Walk, Walk, R side together cross, full turn, R knee twist.

- 1-2 Walk forward on R (1) walk forward on L (2)
- 3&4 Rock R to right side (3) step L next to R (&) Cross R over L (4)
- 5-6-7 Making a ¼ turn right, step back on L (5) making a ½ turn right, step forward on R (6) making a ¼ turn right, step L to left side (7) end facing 12 o'clock
- &8 Twist right knee in (&) twist right knee out (8) *right knee should end facing 3 o'clock ready to making quarter turn on count 1.

[9-16] ¼ R lock, R shuffle sweep, L cross, R side, behind side cross

- 1-2 Making a ¼ turn right, step forward on R (1) lock L behind R (2) end facing 3 o'clock
- 3&4 Step R foot forward (3) step L behind R (&) Step forward on R as you sweep L from back to front (4)
- 5-6 cross L over R (5) step R to right side (6)
- 7&8 Step L behind R (7) step R to right side (&) cross L over R (8)

[17-24] R ¼ heel grind, R coaster step, L step 1/4, L cross & cross

- 1-2 Touch R heel to right side (1) making a ¼ turn right, twist toes to face 6 o'clock (2)
- 3&4 Step back on R (3) step L next to R (&) step forward on R (4)
- 5-6 Step forward on L (5) Making a ¼ turn right, take weight on to R (6) end facing 9 o'clock
- 7&8 Cross L over R (7) step R to right side (&) cross L over R (8)

[25-32] R rock recover, R behind side cross, ¼, ½, L coaster step

- 1-2 Rock R out to right side (1) recover weight back on to L (2)
- 3&4 Step R behind L (3) step L to left side (&) cross R over L (4)
- 5-6 Making a ¼ turn left, step forward on L (5) Making a ½ turn left, step back on R (6) end facing 12 o'clock
- 7&8 Step back on L (7) step R next to L (&) step forward on L (8)

D: 16c

***feet* [1-8] R heel toe, L heel toe, out, out, together, hold**

- 1-2 Step R heel out to right side (1) step down onto R toes (2)
- 3-4 Step L heel out to left side (3) step down onto L toes (4)
- 5-6 Step R out to right side (5) step L out to left side (6)
- 7-8 Jump feet together (7) hold (8) keep weight on left

***ARMS* [1-8]**

- 1-2 Song says "hoodie on" – with both fists clenched and thumps out (as if you're giving someone a thump's up) hold both hands inline with your ears (thumbs facing back) (1) with hands staying in this position, pull both forward to the front of your face inline with your eyebrows (2) as if you're pulling a hood up on your sweater.
- 3-4 song says "sneakers on" – drop the arms down to waist height crossing the right over the left so they're Infront of you, point both index fingers at your shoes, with the right finger pointing at your left foot, and your left finger point at right foot (3) Uncross your arms (right to right side, left to left side) as if you're drawing a line on the floor with your fingers (4) keep the arms at waist level and only take them as wide as your hips
- 5-6 song says "Keys & Phone" – reach your right arm out to the right side (as if reaching to get your keys) (5) Keeping right arm reached out, reach your left arm out to the left side (as if reaching for your phone) □ see what we did there
- 7-8 song says "MUSIC" – on count 7 as you bring the feet together, you're going to bring your arms in, pointing both index fingers to the ceiling. Arms should be straight from the shoulder bending at the elbow, so that your hands are level with your face (7) on count 8 you're going to clap your hands together (8). (you're clapping because you've put your hoodie's on, your shoes are clean, you've remembered your keys and phone and the music is playing, so you're ready to go, it's time to leave the house □)

[9-16] R shuffle, L rock recover, 1/2, 1/2, L coaster step

- 1&2 step forward on R (1) step L behind R (&) step forward on R (2)
- 3-4 Cross rock L over R (3) recover weight on R (4)
- 5-6 Making a ½ turn left, step forward on L (5) making a ½ turn left, step back on R (6)
- 7&8 step back on L (7) step R next to L (&) step forward L (8)

End of dance, repeat, smile and enjoy □

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