

Omegalomaniac

拍数: 152 墙数: 4 级数: Intermediate
编舞者: Daniel Exton (UK) - September 2022
音乐: Alpha Dog - Fall Out Boy



Sequence AABCAABCDDCA

Section A 32 Counts

[1] Right Grapevine, Behind, Side, Front, Side

1, 2 Right to Right side, Left behind Right
3, 4 Right foot to Right side, touch Left foot next to Right
5, 6 Touch Left foot behind Right, Touch Left foot To Left side
7, 8 Touch Left foot in front of Right, Touch Left foot to Left side

[2] Left Grapevine, Behind, Step-Lock-Step with 1/4 turn

1, 2 Left to Left side, Left behind Right
3, 4 Left foot to Left side, Touch Right foot next to Left
5, 6 Touch Right foot behind Left, Touch Right foot to Right side with 1/4 turn Right
7, 8 Lock Left foot behind Right foot, Right foot forward

[3] Rock, Recover, Shuffle Back, Rock Back, Recover, Shuffle Forward

1, 2 Rock forward on Left foot, Recover onto Right
3 & 4 Left foot back, Right foot lock in front of Left, Left foot back
5, 6 Rock back on Right foot, Recover onto Left
7 & 8 Right foot forward, Left foot behind Right, Right foot forward

[4] Side Rock with 1/4 turn, Cross Shuffle, Side Rock, Stomp x2

1, 2 Rock Left to Left side with 1/4 turn Right, Recover onto Right
3 & 4 Cross shuffle Left over Right
5, 6 Rock Right to Right side, Recover onto Left
7 & 8 Stomp Right foot, Stomp Left foot

Section B 24 Counts

[1] Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn

1, 2 Rock forward on Right foot, Recover onto Left
3 & 4 Make a full turn stepping Right, Left, Right
5, 6 Rock forward on Left foot, recover onto Right foot
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left

[2] Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn

1, 2 Rock forward on Right foot, Recover onto Left
3 & 4 Make a full turn stepping Right, Left, Right
5, 6 Rock forward on Left foot, recover onto Right foot
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left

[3] Rock, Triple Full Turn, Rock, Shuffle 1/2 Turn

1, 2 Rock forward on Right foot, Recover onto Left
3 & 4 Make a full turn stepping Right, Left, Right
5, 6 Rock forward on Left foot, recover onto Right foot
7 & 8 Left foot forward with 1/4 turn, Right foot next to Left, Left foot forward with 1/4 turn Left

Section C 64 Counts

[1] Jazz Box, Chasse Right, Rock, Recover

- 1, 2 Right foot cross over Left, Left foot back
- 3, 4 Right to Right side, Left next to Right
- 5 & 6 Right foot to Right side, Left foot next to Right, Right foot to Right side
- 7, 8 Rock Left foot behind Right, Recover onto Right

[2] Touch, Return, Touch, Return, Chasse Left, Rock, Recover

- 1, 2 Touch Left foot to Left side, Return Left foot to Right
- 3, 4 Touch Left to Left side, Return Left foot next to Right
- 5 & 6 Left foot to Left side, Right foot next to Left, Left foot to Left side
- 7, 8 Rock Right foot behind Left, Recover onto Left

[3] Side, Behind, Kick x2, Side, Behind, Kick x2

- 1, 2 Touch Right foot to Right side, touch Right foot behind
- 3, 4 Kick Right foot forward twice
- & 5, 6 Place Right foot down, Touch Left foot to Left side, Touch Left foot behind Right
- 7, 8 Kick Left foot forward twice

[4] Coaster Step, Shuffle Forward, Rock, Recover, Shuffle 3/4 Turn

- 1 & 2 Left foot back, Right foot back, Left foot forward
- 3 & 4 Right foot forward, Left foot lock behind Right, Right foot forward
- 5, 6 Rock forward on Left foot, Recover onto Right
- 7, 8 Left foot forward with 1/2 turn Left, Right foot next to Left, Left foot forward with 1/4 turn Left

[5] Scuff, Place, Scuff, Place, Sailor Step x2

- 1, 2 Scuff Right foot forward, Place Right foot down
- 3, 4 Scuff Left foot forward, Place Left foot down
- 5 & 6 Right foot behind Left, Left foot to Left side, Right foot to Right side
- 7 & 8 Left foot behind Right, Right foot to Right side, Left foot to Left side

[6] Scuff, Place, Scuff, Place, Swivel Heels Right, Swivel Heels Left

- 1, 2 Scuff Right foot forward, Place Right foot down
- 3, 4 Scuff Left foot forward, Place Left foot down
- 5 & 6 Swivel heels to Right side, Swivel toes to Right side, Swivel heels to Right side
- 7 & 8 Swivel heels to Left, Swivel toes to Left, Swivel heels to Left

[7] Kick Ball Change, Rock Back, Shuffle Forward, 1/2 Turn

- 1 & 2 Kick Right foot forward, Place Right foot next to Left, Place Left foot next to Right
- 3, 4 Rock back on Right foot, Recover onto Left
- 5 & 6 Right foot forward, Left foot lock behind Right, Right foot forward
- 7, 8 Left foot forward, 1/2 turn Right

[8] Kick Ball Change, Rock Back, Shuffle Forward, 1/2 Turn

- 1 & 2 Kick Left foot forward, Place Left foot next to Right, Place Right foot next to Left
- 3, 4 Rock back on Left foot, Recover onto Right
- 5 & 6 Left foot forward, Right foot lock behind Left, Left foot forward
- 7, 8 Right foot forward, 1/2 turn Left

Section D 32 Counts

[1] Forward, Touch, Forward, Touch, Back, Touch, Back, Touch

- 1, 2 Right foot diagonally forward, Touch Left foot next to Right
- 3, 4 Left foot diagonally forward, Touch Right foot next to Left
- 5, 6 Right foot diagonally back, Touch Left foot next to Right
- 7, 8 Left foot diagonally back, Touch Right foot next to Left

[2] Right Grapevine, Left Grapevine with 1/4 turn

- 1, 2 Right foot to Right side, Left foot behind Right
- 3, 4 Right foot to Right side, Touch Left foot next to Right
- 5, 6 Left foot to Left side, Right foot behind Left
- 7, 8 Left foot forward with 1/4 turn Left, Right foot next to Left

[3] Forward, Touch, Forward, Touch, Back, Touch, Back, Touch

- 1, 2 Right foot diagonally forward, Touch Left foot next to Right
- 3, 4 Left foot diagonally forward, Touch Right foot next to Left
- 5, 6 Right foot diagonally back, Touch Left foot next to Right
- 7, 8 Left foot diagonally back, Touch Right foot next to Left

[4] Right Grapevine, Left Grapevine with 1/4 turn

- 1, 2 Right foot to Right side, Left foot behind Right
 - 3, 4 Right Foot to Right side, Touch Left foot next to Right
 - 5, 6 Left foot to Left side, Right foot behind Left
 - 7, 8 Left foot forward with 1/4 turn Left, Right foot next to Left
-