

# 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
-