

Like a Psycho

拍数: 64 墙数: 2 级数: Phrased Easy Intermediate
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音乐: Psycho - Red Velvet



Sequence A A B C A A B C TAG C C (16c)
Tag 16 Counts

Dance starts after 16 counts

A (16 counts)

Sec 1: R SLIDE - TOUCH -FORWARD DIAGONAL (L-R)-SWIVEL ¼ TURN R- BACK WITH BODYWAVE- SAILOR ¼ TURN L

1 - 2 RF step to R side (1), LF touch beside RF (2)
3&4 LF step fwd diagonal to L(3), RF step fwd diagonal to R (&), both heels ¼ turn to R (4)
5-6 RF step back while making body wave for 2 counts (weight on RF)
7&8 LF cross behind RF with turn ¼L (7), RF step to side (&), LF step to side (8)

Sec 2: FORWARD - SIDE TOUCH- FORWARD - SIDE TOUCH- FORWARD- PIVOT ½ TURN L - JAZZBOX CROSS

1-2-3-4 RF step forward (1), LF side touch(2), LF step forward (3), RF side touch(4)
5-6 RF step forward (5), LF pivot ½ L turn (6) weight on LF
7&8& RF cross over LF (7), LF step back (&), RF step to side (8), LF cross over RF (&)

B (16 counts)

Sec 1: SIDE DRAG- 1/8 TURN R TOUCH - KNEE POP - BEND DOWN - STAND UP

1-2 RF big step to R side (1), drag LF towards R (2)
&3&4& ⅛ turn R (1:30) touching LF beside RF (&), RF knee popped towards LF knee (3), LF knee popped towards RF knee (&), RF knee popped towards LF knee(4), LF knee popped towards RF knee(&)
5-6 Bend down slowly for two counts (5-6)
7-8 Stand up slowly for two counts (7-8), body weight still on RF

Sec 2: 1/8 TURN R FORWARD- PIVOT 1/2 R- WALK (L-R) - 1/4 TURN R - SIDE STEP - BEND DOWN - GOING UP - BEND DOWN

1-2 ⅛ turn R (3:00) stepping LF forward (1), turn ½R (9:00) weight on RF (2)
3-4 Walk forward on LF (3) - RF (4)
5-8 Turn ¼ R (12:00) LF step to L side (5), bending both knees into sitting position (6), stand up (7), bending both knees into sitting position (8) (weight on LF)

C (32 Counts)

Sec 1: R PONY BACK- COASTER STEP- FORWARD- PIVOT ½ TURN R- CLOSE

1&2&3&4& RF back hitching LF knee (1), LF down (&), RF back hitching LF knee(2), LF down (&), RF back hitching LF knee (3), LF down (&), RF back hitching LF knee(4), LF down (&)
5&6 RF step back (5), LF step back together (&), RF step forward (6)
7&8 LF step forward (7), RF pivot ½ turn R(&), LF close beside RF (8)

Sec 2: SIDE TOUCH-TOUCH-R SIDE- TOUCH-SIDE TOUCH-TOUCH- L SIDE- SAILOR ¼ TURN R - CLOSE - FORWARD- PIVOT ¼ TURN R- CLOSE

1&2&3&4 RF side touch(1), RF touch beside LF (&), RF step to R side (2), LF touch beside RF (&), LF side touch (3), LF touch beside RF (&), LF step to L side (4)
5&a6 RF cross behind LF with ¼ turn R(5), LF step to side (&), RF step to side (a), LF close together (6)
7&8 LF step forward (7), pivot ¼ turn R (&), LF close

Sec 3: KNEE POPS, COASTER STEP, FORWARD- PIVOT ½ TURN R- CLOSE

- 1&2&3&4& Pop knees out (1), bring knees to center (&), pop knees out (2), bring knees to center (&), pop knees out (3), bring knees to center (&), pop knees out (4), bring knees to center (&)
- 5&6 RF step back (5), LF step back together (&), RF step forward (6)
- 7&8 LF step forward (7), pivot ½ turn R (&), LF close beside RF (8)

Sec 4: SIDE TOUCH-TOUCH-R SIDE- TOUCH-SIDE TOUCH-TOUCH- L SIDE- SAILOR - CLOSE - FORWARD- CLOSE

- 1&2&3&4 RF side touch(1), RF touch beside LF (&), RF big to R side (2), LF touch beside RF (&), LF side touch (3), LF touch beside RF (&), LF big step to L side (4)
- 5&a6 RF cross behind LF (5), LF step to side (&), RF step to side (a), LF close together (6)
- 7-8 RF big step forward (7) , LF close together (8)

TAG (16 counts)**Sec 1: HIP SWAYS - SLIDE DRAG**

- 1-4 RF step to R side doing hip sways R-L-R-L (1-4)
- 5-8 RF big step to R side (5), dragging LF towards RF for three counts (6-8)

Sec 2: CROSS ROCK RECOVER - SIDE CROSS CLOSE - HIP BUMPS - CROSS ROCK RECOVER - SIDE CROSS SIDE - HEAD ACTION

- 1& LF cross over RF (1), RF recover (&)
- 2&3 LF step to L side (2), RF cross over LF (&), LF step beside RF (3)
- &4 Hip bumps to R (&), hip bumps to L (4)
- 5& RF cross over L (5), LF recover (&)
- 6&7 RF step to R side (6), LF cross over RF (&), RF step to R side (7)
- 8 Head full rotate counter clockwise (8), (optional you can do hip roll counter clockwise for count 8)

Enjoy the dance♥

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