

E's Bad Seed

拍数: 84 墙数: 2 级数: Phrased High Intermediate
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音乐: Bad Seed - Erja Lyytinen : (Album: Waiting for the Daylight)



Notes: AABC AABC AAAB+ CC

PART A (Verse)

[1-8] 2x RF Heel Stomps, Weave L, Rumba box CW

1,2 Lean slightly right forward diagonal and raise and stomp RF heel x2
3&4 Step RF behind LF, Step LF side, Step RF across LF
5&6 Step LF to L, Step RF beside LF, Step LF forward
7&8 Step RF to R, Step LF beside RF, Step RF backward

[9-16] ½ L Shuffle back, ¼ L Scissor, Weave L, Point LF, Walk FWD L R

1&2 Step LF ¼ turn L, Step RF beside LF, Step LF ¼ turn L [06:00]
3&4 Turn ¼ L and Step RF to R side, Step LF next to RF, Cross RF over LF [03:00]
5&6 Step LF side, Step RF behind LF, Point LF side
7,8 Walk forward L, R

[17-24] Mambo ½ L, Paddles ¾ L, Mambo cross, Mambo back,

1&2 Rock LF forward, Recover, Turn ½ L stepping LF forward [09:00]
&3 Point RF toe forward, Turn ¼ L weight on LF [06:00]
&4 Point RF toe forward, Turn ½ L weight on LF [12:00]
5&6 Cross RF over LF (body slightly to L diagonal), Recover, Step RF slightly back diagonal
7&8 Step LF back, recover weight on RF, Step LF forward

Optional easier turn:

1&2 Rock LF forward, Recover, Turn ¼ L stepping LF side [12:00]
3,4 Point RF toe across LF, Point RF toe R

[25-32] ½ R reverse pivot, RF Rock back, FWD Travelling Sailor step x2,

1,2 Step RF forward, turn ½ R stepping LF back [06:00]
3,4 Step RF back, Recover weight on LF
5&6 Step RF behind LF, Step LF forward L diagonal, Step RF forward R diagonal
7&8 Step LF behind RF, Step RF forward R diagonal, Step LF forward L diagonal

Note:

B+ starts facing [06:00] and should end [12:00]. Basically do the part B twice with modification.

PART B (Pre-Chorus)

[1-8] Slide R, Hold, Weave R, Lunge R, Slide L, Weave L

1,2 Slide RF side, Drag and Hold LF
3&4 Step LF behind RF, Step RF side, Step LF across RF
5,6 Step on RF ball forward right diagonal and bend knee, Slide LF back left diagonal
7&8 Step RF behind LF, Step LF side, Step RF across LF

[9-16] ¼ L Walk L R, Anchor Step, Turn ½ R, Full Turn L

1,2 Turn ¼ L stepping LF forward, Step RF forward [09:00]
3&4 (Swing) Step LF behind RF, Step RF in place, Step LF back
5,6 Turn ½ R and Step RF forward, Step LF forward and prep for left turn [03:00]
7,8 Turn ½ L and Step RF back [09:00], Turn ½ L and Step LF forward [03:00]

B+ Repeat 1-16. On the first round, replace count 16 with ¼ L turning LF side rock [12:00]. Recover sliding on

count 1. Second time, do the normal B.

[17-20] Sweep RF, Hold

1 Sweep RF turning $\frac{1}{4}$ L [12:00]
2,3,4 Hold (B+ keep Holding or e.g do Heel Stomps 5-8)

PART C (Chorus)

[1-8] Walk around $\frac{1}{2}$ R, Paddles $\frac{1}{2}$ L, Hip Humps R

1-4 Walk R,L,R,L clockwise half turn [06:00] Hands: 4x RH fist pumps
&5 Point RF toe forward, Turn $\frac{1}{4}$ L weight on LF [03:00] Hands: RH lasso
&6 Point RF toe forward, Turn $\frac{1}{4}$ L putting weight on both [12:00] Hands: RH lasso
7,8 2 x Hip Pump Right Hands: on waist

[9-16] Swivets R L, Point front RF LF, Claps

1& Swivel LF Heel L and RF Toes R, Recover Hands: Robot RH up, LH down
2& Swivel LF Toes L and RF Heel R, Recover Hands: Robot LH up, RH down
3,4 Point RF front of LF, Recover onto RF Hands: on waist
5,6 Point LF front of RF, Recover onto LF
7,8 2x Claps

[17-24] R diagonal lock steps, K Step back

1,2 Step RF forward R diagonal, Lock step LF behind bending knees Hands: RH fist pump
3,4 Step RF forward R diagonal, Lock touch LF behind bending knees Hands: RH fist pump
5,6 Step LF back L diagonal, Touch RF next to LF Hands: wave both R L
7,8 Step RF back R diagonal, Touch LF next to RF Hands: wave both R L

[25-32] L diagonal lock steps, Rolling Turn back diagonal, Cross

1,2 Step LF forward L diagonal, Lock step RF behind bending knees Hands: LH fist pump
3,4 Step LF forward L diagonal, Lock touch RF behind bending knees Hands: LH fist pump
5 Turn $\frac{1}{8}$ R and Step RF side [01:30] Hands: drumming
6 Turn $\frac{1}{2}$ R and Step LF side [07:30]
7,8 Turn $\frac{3}{8}$ R and Step RF side [12:00], Cross LF over RF
