

Wicked

拍数: 32 墙数: 4 级数:
编舞者: Bryan Sabo (USA) - February 2023
音乐: Ain't No Rest for the Wicked - Cage the Elephant



[1-8] Cross recover x2, ¾ turn triple step, walk back

1&2 Cross RF over LF, recover weight on LF, step RF next to LF
3&4 Cross LF over RF, recover weight on RF, step LF next to RF
5&6 Step RF over LF, step LF next to RF, step RF back while spinning ¾ turn to the left
7-8 Step back on LF, step RF next to LF

[9-16] Hip bumps, step and drag x2

9-12 Two hip bumps right, two hip bumps left
13-16 Step RF forward, drag LF to RF, step LF fwd, drag RF to LF

[17-24] Heel switches, right heel flicks, slide and drag

17&18 Touch RH fwd, return RF/touch LH fwd, return LF/touch RH fwd
19&20 Return RF/touch LH fwd, return LF/touch RH fwd, return RF/touch LH fwd
&21&22 Return LF/point RF to R, flick RF behind LF, point RF to R, flick RF over LF
23-24 Slide to R by stepping RF to the R, drag LF together

[25-32] Triple step ¼ turn R, step pivot ½ turn, shuffle forward, step ¼ turn

25&26 Cross LF over RF turning ¼ turn R, step RF next to LF, step LF forward
27-28 Step forward on RF, pivot ½ turn L
29&30 Step RF forward, step LF next to RF, step RF forward
31-32 Step LF forward, ¼ turn R

Last Update: 21 Sep 2023