

RANSOM

拍数: 64 墙数: 2 级数: High Intermediate
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音乐: Ransom - Jarrod Morris : (album: Running On Change)



BOX STEP SIDE RIGHT, LEFT SIDE, STOMP UP, RIGHT STEP, HOOK

1-2 Step Right To Right Side, Close Left Beside Right
3-4 Step Forward Right, Stomp Up Left Beside Right
5-6 Step Left To Left Side, Stomp Up Right Beside Left
7-8 Step Right To Right Side, Hook Left Over Right

WEAVE LEFT, SCISSOR STEP LEFT, SCUFF

1-2 Step Left To Left Side, Cross Right Behind Left
3-4 Step Left Diagonally Back To Left, Cross Right Over Left
5-6 Step Left To Left Side, Step Right Beside Left
7-8 Cross Left Over Right, Scuff Right Beside Left

RIGHT SIDE, STOMP UP, LEFT SIDE, SCUFF, JAZZ BOX RIGHT AND SCUFF

1-2 Step Right To Right Side, Stomp Up Left Beside Right
3-4 Step Left To Left Side, Scuff Right Beside Left
5-6 Cross Right Over Left, Step Back On Left
7-8 Step Right To Right Side, Scuff Left Beside Right

SCOOT, STEP, HEEL SPLIT, ROCK FORWARD, REVERSE PIVOT 1/2 TURN

1-2 Jump Forward On Right Hitching Other Knee, Land With Step Forward On Left
3-4 Swivel Both Heels Out, Return Heels To Centre
5-6 Rock Forward On Right, Return Onto Left
7-8 Touch Right Toe Back, Pivot 1/2 Turn Right

(ALL IN JUMPING) CROSS, STEP, TOUCH HEEL, STEP, TURN 1/2 RIGHT AND CROSS, STEP, TOUCH HEEL, STEP

1-2 Jumping Cross Left Over Right, Step Right On Place
3-4 Step Left Diagonally Back And Touch Right Heel Diagonally Forward, Step Right On Place
5-6 Turning 1/2 Right And Cross Left Over Right, Step Right On Place
7-8 Step Left Back And Touch Right Heel Forward, Step Right On Place

GRAPEVINE LEFT, STOMP, TRAVELLING APPLE JACK, STOMP UP

1-2 Step Left To Left Side, Cross Right Behind Left
3-4 Step Left To Left Side, Stomp Right Beside Left
5-6 Apple Jack To Right Side (Open Toes, Close Toes)
7-8 Apple Jack To Right Side Opening Toes, Stomp Up Left Beside Right

TURN 1/4 RIGHT, STOMP UP, TURN 1/4 RIGHT, SCUFF, LOCK FORWARD LEFT, SCUFF

1-2 Turn 1/4 Right And Step Left To Left Side, Stomp Up Right Beside Left
3-4 Turn 1/4 Right And Step Right Forward, Scuff Left Beside Right
5-6 Step Forward On Left, Lock Right Behind Left
7-8 Step Forward On Left, Scuff Right Beside Left

JUMPING CROSS, BACK AND KICK, CROSS, STEP, ROCK BACK RIGHT, 2 STOMP

1-2 Jumping Cross Right Over Left, Step Left Back And Kick Right Forward
3-4 Cross Right Over Left, Step Left A Little Back
5-6 Rock Back On Right And Kick Left Forward, Return Onto Left

7-8 Stomp Right Beside Left (Twice)

REPEAT

BRIDGE: Performed after 6th repetition on first wall

WEAVE RIGHT, SCISSOR STEP RIGHT, HOLD

1-2 Step Right To Right Side, Cross Left Behind Right
3-4 Step Right Diagonally Back To Right, Cross Left Over Right
5-6 Step Right To Right Side, Step Left Beside Right
7-8 Cross Right Over Left, Hold

WEAVE LEFT, SCISSOR STEP LEFT, HOLD

1-2 Step Left To Left Side, Cross Right Behind Left
3-4 Step Left To Left Side, Cross Right Over Left
5-6 Step Left To Left Side, Step Right Beside Left
7-8 Cross Left Over Right, Hold

TURN 1/4 RIGHT AND ROCK FORWARD, TURN 1/4 RIGHT, HOLD, PIVOT 1/2 RIGHT, STEP, SCUFF

1-2 Turn 1/4 Right And Rock Forward On Right, Return Onto Left
3-4 Turn 1/4 Right And Step Forward On Right, Hold
5-6 Step Forward On Left, Pivot 1/2 Turn Right
7-8 Step Forward On Left, Scuff Right Beside Left

VAUDEVILLE LEFT, KICK LEFT (TWICE), ROCK BACK LEFT

1-2 Cross Right Over Left, Step Left Diagonally Back To Left
3-4 Touch Right Heel Diagonally Forward To Right, Step Right On Place (Weight On It)
5-6 Kick Left Forward (Twice)
7-8 Jumping Rock Back On Left And Kick Right Forward, Return Onto Right

STOMP, HOLD, HEEL BOUNCE LEFT AND HOLD (FOR 3 TIMES)

1-2 Stomp Left Forward, Hold
&3-4 Lift Left Heel, Drop Left Heel, Hold
&5-6 Repeat &3-4
&7-8 Repeat &3-4

TWISTER KICK, ROCKING CHAIR FORWARD RIGHT

1-2 Kick Right Forward, Turn 1/2 Left Jumping On Right And Flick Up Back Left
3-4 Turn 1/2 Left Jumping On Right And Kick Left Forward, Step Left On Place
5-6 Rock Forward On Right, Return Onto Left
7-8 Rock Back On Right, Return Onto Left

FINAL:

BOX STEP SIDE, LEFT SIDE, STOMP UP, RIGHT STEP, CROSS UNWIND 1/2 TURN

1-2 Step Right To Right Side, Close Left Beside Right
3-4 Step Forward Right, Stomp Up Left Beside Right
5-6 Step Left To Left Side, Stomp Up Right Beside Left
7-8-1 Step Right To Right Side, Cross Left Toe Behind Right, Unwind 1/2 Left
