

Sinister

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Julia Wetzel (USA) - March 2024
音乐: Sinister - Michael Gerow



Intro: 16 counts, start dance with lyrics "painkiller" (13 sec. into track)

[1 – 8] 3/8 L Diamond Weave, Behind Rock, 1/4 R Back, Back, Run Back

1, 2& Step L back sweep R to back (1), Step R behind L (2), 1/8 turn left step L to left side (&) 12:00

Note: Start the dance facing 1:30

3, 4& 1/8 turn left step R fw (10:30) (3), Cross L over R (4), 1/8 turn left step R to right side (&) 9:00

5, 6& Rock L behind R (5), Recover R (6), 1/4 turn right step L back (&) 12:00

7, 8& Step R back (7), Step L back (8), Step R back (&) 12:00

[9 – 17] Full Turn L Sweep, Rise, Side, 1/8 R Step, Step, Pivot 1/2 L, Run, Run, 1/2 L Arabesque

1 - 3 1/2 turn left step L fw (1), Continue 1/2 turn left on L sweep R to front (2), Cross R over L (3)
12:00

Styling: End turn with body lowered and arms folded in front (see my demo)

4&5 Rise as you recover weight on L (4), Step R to right side (&), 1/8 turn right step L fw (5) 1:30

6, 7 Big step R fw (6), Pivot 1/2 turn left step L fw (7) 7:30

8&1 Step R fw (8), Step L fw into open position (&), 1/2 turn left on L and flick R leg back (1) 1:30

Styling: End in Arabesque position - R leg lifted back and left arm extended forward (see my demo)

[18 – 24] Back, 1/8 L Together, Cross Rock, Side, Cross, 3/4 L, Rock, Back

2&3 Step R back (2), 1/8 turn left step L next to R square to 12:00 (&), Cross rock R over L (3)
12:00

4&5 Recover L (4), Step R to right side (&), Cross L over R (5) 12:00

6&7 1/4 turn left step R back (6), 1/2 turn left step L fw (&), Rock R fw reach right arm forward (7)
3:00

8& Recover L (8), Step R back (&) 3:00

[25 – 32] 1/4 L Side Sway, Sways, Side, Behind Rock, 1/4 R, Full Turn + 3/8 R Sweep, Cross, Side

1, 2& 1/4 turn left step L to left side sway upper body left (1), Sway upper body right (2), Sway upper
body left (&) 12:00

Styling: Place right hand over your heart and lower body as you sway, as if you're melting into the ground

3, 4& Big step R to right side as you rise and drag L to R (3), Rock L behind R (4), Recover R (&)
12:00

5, 6&7 1/4 turn right step L back (5), 1/2 turn right step R fw (6), 1/2 turn right small step L back (&), 3/8
turn right small step R fw sweep L to front (7) 7:30

Styling: Make that last turn (&7) compact with minimal traveling

Easier Option: Step L fw (&), 1/8 turn left step R fw sweep L to front (7)

8& Cross L over R (8), Step R to right side (&) 7:30

1 Step L back sweep R to back (Count 1 of next wall) 7:30

Tag: At the end of Wall 3, pause for 4 counts after Count 32& (Step R to right side) facing 7:30 as the music stops. then listen for lyrics "cruel lover" to start Wall 4 normally

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