

Psycho

拍数: 32 墙数: 4 级数: Beginner
编舞者: Jake Downing (USA) - July 2024
音乐: Psycho - Puddle of Mudd
或: I Wanna Be Your Slave - Mitchell Zia



Dance begins 48 counts (23 seconds) in: (just BEFORE lyrics: "She lays down on the fresh lawn...")
(Alternate music option below)*

[1-8] Diagonal Step-Lock, Step-Lock-Step (R), Diagonal Step-Lock, Step-Lock-Step (L)

1,2 Step RF forward to R diagonal (1), Lock LF behind RF (2)
3&4 Step RF forward to R diagonal (3), Lock LF behind RF (&), Step RF forward to R diagonal (4)
5,6 Step LF forward to L diagonal (5), Lock RF behind LF (6)
7&8 Step LF forward to L diagonal (7), Lock RF behind LF (&), Step LF forward to L diagonal (8)
(Option: Replace Step-Lock-Steps with Shuffles)

[9-16] Cross Rock/ Recover, Side Shuffle (RLR), Cross Rock/ Recover, ¼ Shuffle Left (LRL)

1,2 Cross RF over LF (1), Recover weight back onto LF (2)
3&4 Step RF to R side (3), Step LF next to RF (&), Step RF to R side (4)
5,6 Cross LF over RF (5), Recover weight back onto RF (6)
7&8 Step LF to L side (7), Step RF next to LF (&), Turn ¼ L stepping LF forward (8) (9:00)

RESTART HERE ON WALLS 4 (facing 6:00) AND 9 (facing 3:00)

[17-24] Cross/ Point Forward (x2), Cross/ Point Back (x2)

1,2 Cross RF over LF (1), Point LF to L side (2)
3,4 Cross LF over RF (3), Point RF to R side (4)
5,6 Cross RF behind LF (5), Point LF to L side (6)
7,8 Cross LF behind RF (7), Point RF to R side (8)

[25-32] Rock Back/ Recover, Shuffle Forward (RLR), ½ Pivot Turn R, Shuffle Forward (LRL)

1,2 Rock back on RF (1), Recover forward onto LF (2)
3&4 Step RF forward (3), Step LF next to RF (&), Step RF forward (4)
5,6 Step LF forward (5), Pivot ½ Turn over R shoulder (6) (3:00)
7&8 Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

****2 Restarts: Wall 4 (9:00) facing 6:00. Wall 9 (6:00) facing 3:00. Both after 16 counts.**

***Alternate Music option: "i wanna be your slave" by Mitchell Zia. Dance begins 32 counts (15 seconds) in: (on lyrics: "I love you since this morning...") No Tags/ Restarts.**

Dance goes in Clockwise direction.

Enjoy!! Email: jakedowning4@gmail.com