

Bad AND Vicious...

拍数: 32 墙数: 4 级数: High Intermediate
编舞者: Niels Poulsen (DK) - July 2024
音乐: Whisper - Able Heart : (iTunes)



Intro: 16 counts from very first beat in music. App. 9 secs. into track. Start with weight on L foot
NOTE: NO TAGS – NO RESTARTS!

[1 – 8] R&L side switches, point R, body roll down on R, ball R side lunge, ¼ L, full triple L

1&2& Point R to R side (1), step R next to L (&), point L to L side (2), step L next to R (&) 12:00
3 – 4 Point R to R side (3), roll body from head down through body changing weight to R (4) ...
Non rolly option: Leave out body roll and change weight to R foot 12:00
&5 – 6 Step L next to R (&), lunge R to R side prepping body R (5), recover onto L turning ¼ L (6)
9:00
7&8 Turn ½ L stepping R back (7), turn ½ L stepping L fwd (&), step R fwd (8) 9:00

[9 – 16] Step ½ R, 1¼ R, R sailor 1/8 R, ball step LR, walk fwd L

1 – 2 Step L fwd (1), turn ½ R stepping onto R (2) 3:00
3&4 Turn ½ R stepping L back (3), turn ½ R stepping R fwd (&), turn ¼ R stepping L to L side (4)
6:00
5&6 Cross R behind L (5), step L to L side (&), turn 1/8 R stepping R fwd (6) 7:30
&7 – 8 Step L next to R (&), step R fwd (7), walk L fwd (8) 7:30

[17 – 24] R&L kick cross back rocks, step ½ L, lock ½ L

1&2& Kick R fwd (1), cross R slightly over L (&), rock back on L (2), recover onto R (&) 7:30
3&4& Kick L fwd (3), cross L slightly over R (&), rock back on R (4), recover onto L (&) 7:30
5 – 6 Step R fwd (5), turn ½ stepping onto L (6) 1:30
7&8 Turn ¼ L stepping R to R side (7), cross L over R (&), turn ¼ L stepping back on R (8) 7:30

[25 – 32] L pony step back, R back pop, 3/8 L back R, reverse full chug turn L

1&2 Step back on L hitching R knee (1), step down on R (&), step back on L hitching R knee (2)
7:30
3 – 4 Rock back on R popping L knee fwd (3) recover onto L (4) 7:30
5 Turn 3/8 L stepping back on R (5) 3:00
6 - 7 - 8 Turn 1/3 L pressing L to L side (6), turn 1/3 L pressing L to L side (7), turn 1/3 L pressing L to
L side (8) ... Note: make sure weight ends on L when finishing your last chug step 3:00

Start Again!

Ending No particular ending needed as you finish wall 8 facing 12:00 12:00