

Bad For You

拍数: 32 墙数: 4 级数: Improver
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音乐: Bad for You - Ashley Ryan



PNW Stompers Choreography Competition 2024 1st Place Winner

Intro: Approx. 21 seconds

[1-8]: Heel Grind ¼ Turn, Weave, Step Slide

1, 2 Step R heel forward toes fan Left to Right making ¼ turn right, recover LF
3, 4 Step RF to R side, cross LF in front
5, 6 Step RF to R, Touch LF
7, 8 Step LF to L wide, Drag or Slide RF to L

[9-16]: Cross Rock, Toe Strut Turns

1, 2 Cross RF behind LF, Recover LF
3, 4 Step R toe forward turning ¼ left , step RF down weighting R
5, 6 Step L toe forward turning ½ right, step LF down weighting L
7, 8 Step R toe backward turning ¼ right, step RF down weighting R

[17-24]: Step-Lock-Step-Scuff, Walk, Walk, Heel Swivel

1, 2 Step LF diagonally Fwd, lock R knee behind LF
3, 4 Step LF diagonally Fwd, scuff RF next to L
5, 6 Step RF forward, Step LF forward
7, 8 Twist feet and lift heels to L, Recover heels

[25-32]: Cross Behind, ½ Unwind Flick, Kick, Forward Rock, Side Rock

1, 2 Cross LF behind RF, Unwind ¼ Turn L weighted equal in both feet
3, 4 Unwind 1/4 Turn L (weighted LF) Flick RF, Scuff Kick RF Forward
5, 6 Rock RF forward, recover LF
7, 8 Rock RF to R, recover LF

Tag: At end of 10th wall, 4 counts, repeat last 4 counts of section 4

[1-4] Forward Rock, Side Rock

1, 2 Rock RF forward, recover LF
3, 4 Rock RF to R, recover LF