

Mad As Hell

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Kash Bane (UK)
音乐: Not Ready to Make Nice - The Chicks



SWEEP, RIGHT SAILOR, BEHIND, SIDE, ¼ TURN, FULL TURN, STEP

- 1-2 Sweep right foot out from front of you and round behind left foot
3&4 Step right behind left, step left to left side, step right to right side
5&6 Cross left foot behind right, step right foot to right side, do a ¼ turn right stepping forward on left
7&8 Make a ½ turn left stepping back on right foot, continue the turn making a further ½ turn stepping forward on left, step forward on right

FORWARD ROCK AND RECOVER, ½ TURNING SHUFFLE, ¾ CROSS, CROSS BALL STEP

- 1-2 Rock forward on left foot, recover onto right foot
3&4 Do a ½ turn over left shoulder stepping left forward, close right at left, step forward on left
5&6 Step right to right side making a ¼ turn left, step left to left side making a ½ turn, cross right over left
&7&8 Sweep left out from behind right, cross in front right foot, step back on right, step left in place

FORWARD ROCK AND RECOVER, ½ TURNING SHUFFLE, FULL TURN WITH SWEEP, BEHIND SIDE CROSS

- 1-2 Rock forward on right foot, recover onto left foot
3&4 Do a ½ turn over right shoulder stepping right forward, close left at right, step forward on right
5-6 Make a ½ turn over right shoulder stepping back on left foot, on ball of left make a further ½ turn and sweep right foot out
7&8 Step right behind left, step left to left side, cross right over left

STEP, BEHIND SIDE CROSS, STEP, CROSS ROCK, ¼ TURNING EXTENDED SHUFFLE

- 1 Step left to left side
2&3 Step right behind left, step left to left side, cross right over left
4 Step left to left side
5-6 Rock right foot in front of left, recover onto left foot
&7&8 Make a ¼ turn right stepping forward on right, close left at right, step forward on right, close left at right

REPEAT

TAG

After second wall add this tag(at end of chorus after extended shuffle)

- &1 Step forward on right, complete a full turn on ball of right foot hooking left at right shin
2& Step down on left foot, point right toe to right side
3-4 Slide right toe to center but do not put weight onto it

You now restart the dance from beginning

RESTART

After you have danced the fourth wall the track goes into a small instrumental. At this point dance counts 1-20 (½ turning right shuffle) then restart from the beginning