

拍数: 32 墙数: 4 级数: Improver
 编舞者: John Robinson (USA)
 音乐: She Took a Lot of Pills and Died - Dallas Wayne and The Dimlights



2 SLOW LOCK-STEP SHUFFLES FORWARD WITH SYNCOPATED CLAPS

1-2-3 Step left forward, right lock step behind left, step left forward
 4& Clap hands twice
 5-6-7 Step right forward, left lock step behind right, step right forward
 8& Clap hands twice

¼ PIVOT RIGHT INTO SLOW SIDE ROCKS, 3-COUNT HIP ROLL, RIGHT FLICK

1-2 Pivot ¼ turn right on ball of right foot stepping left foot about shoulder-width apart and slowly rock/roll weight onto left foot for two counts
 3-4 Slowly rock/roll weight side right for two counts
 5-6 Rock/roll weight side left, then side right
 7-8 Rock/roll weight side left, flick right foot up behind left knee

RIGHT VINE, ½ RIGHT PIVOT WITH LEFT HITCH, LEFT LEG SHAKE, RIGHT LEG SHAKE

1-2 Right step side right, left step across behind right
 3-4 Right step side right, pivot ½ turn right while raising left knee, bringing left foot in next to right calf
 5&6 Left touch forward bending knee out slightly, bend knee in slightly, bend knee out slightly placing weight on left
 7&8 Right touch forward bending knee out slightly, bend knee in slightly, bend knee out slightly keeping weight on left

SWIVEL HEELS IN, OUT TWICE, RIGHT HEEL, STEP HOME, LEFT HEEL, HOOK

1-2 With weight on balls of feet, swivel heels in so toes point out, return heels home so toes point forward
 3-4 Swivel heels in so toes point out, return heels home so toes point forward, place weight on left foot
 5-6 Right heel touch forward, right step next to left
 7-8 Left heel touch forward, left heel hook across right shin

REPEAT

TAG:

Execute after 3rd and 6th repetitions of the dance only to "She Took A Lot Of Pills And Died". You will hear the 4 extra counts after the first and second chorus in the song

1-2 Touch left toe forward/roll hips forward, roll hips back
 3-4 Hold position, left heel hook across right shin