

Punishment

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Punishment - SHeDAISY



SYNCOPATED ROCK STEPS, MODIFIED SAILOR STEP, STEP PIVOT

1-2 Rock right foot to right side, rock left foot to left side
&3 Step right beside left, rock left foot to left side
4 Rock right foot to right side
5&6 Step left foot behind right, step right foot beside left, step forward left foot
7-8 Step forward right foot, pivot ½ turn left

SIDE BEHIND AND HEEL AND CROSS, SIDE BEHIND AND HEEL AND CROSS

1-2 Step right to side, step left behind right
&3 Step right foot diagonally back, touch left heel diagonally forward
&4 Step left in place, step right foot in front of left
5-6 Step left to side, step right behind left
&7 Step left foot diagonally back, touch right heel diagonally forward
&8 Step right foot in place, step left foot in front of right

SIDE BEHIND ¼ TURN RIGHT SHUFFLE, STEP ¾ SIDE TOUCH

1-2 Step right foot to the side, step left foot behind right
3&4 Make ¼ turn right and step right foot forward, close left to right, step forward right foot
5-6 Step left foot forward, keeping feet where they are make ¾ turn right
7-8 Step left foot to the side, step right foot up to left

KICK TOUCH OUT, SAILOR STEP ¼ TURN, BUMP HIPS RIGHT-LEFT-RIGHT, BUMP HIPS LEFT-RIGHT-LEFT

1&2 Kick right foot forward, step right beside left, touch left to side
3&4 Step left foot behind right, step right beside left as you make ¼ turn left, step forward left
5&6 Step forward right foot and bump hips right, left, right
7&8 Step forward left foot and bump hips left, right, left

REPEAT
