

Scream

拍数: 32 墙数: 4 级数: Intermediate
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音乐: Scream - Michael Jackson & Janet Jackson



TOE TOUCHES, PIVOT ½ LEFT, STEPS BACKWARDS, COASTER STEP

1 Right foot touch forward
& Right foot step next to left foot
2 Left foot touch forward
& Left foot step next to right foot
3 Right foot step forward
4 Turn ½ left (weight on left foot)
5 Right foot step back
6 Left foot step back
7 Right foot step back
& Left foot step next to right foot
8 Right foot step forward

KICK, STEP, TOUCHES X 4

9 Left foot kick forward
& Left foot step forward
10 Right foot touch to right side
11 Right foot kick forward
& Right foot step forward
12 Left foot touch to left side
13 Left foot kick forward
& Left foot step forward
14 Right foot touch to right side
15 Right foot kick forward
& Right foot step forward
16 Left foot touch to left side

KICK BALL CHANGE TWICE, SWEEP ¼ RIGHT IN FRONT, SWEEP ½ LEFT AND TOGETHER

17 Left foot kick forward
& Left foot step in place
18 Right foot step in place
19 Left foot kick forward
& Left foot step in place
20 Right foot step in place
21 Left foot sweep with ¼ turn right.
22 Left foot cross in front of right foot
23 Left foot sweep with ½ left
24 Left foot step next to right foot. (keep weight on left foot)

SHOULDER MOVEMENTS AND TOGETHER

25 Right foot step to right, push right shoulder to the right
26 Bend both knees, hands on upper legs
27 Stretch both knees, push right shoulder to the right
28 Right foot step next to left foot
29-32 Repeat 25-28 but start with left foot and left shoulder

REPEAT

BRIDGE

- 1 Right foot step to the right, right shoulder straight up
- 2 Left foot step next to right foot, shoulders in the middle (normal)
- 3 Right foot step to the right, right shoulder straight up
- 4 Left foot touch next to right foot, shoulders normal
- 5-8 Repeat 1-4 but start with left foot

During the bridge, keep hands straight down your body

OPTIONS:

On count 1&2: military steps (raging bull)

On count 5-7: moonwalk backwards

On count 17-20: cross-kick ball touch
