

Total Chaos X2

拍数: 32 墙数: 1 级数: Intermediate dance
编舞者: Nicole Parsons (USA)
音乐: Love Train - Big & Rich



Position: Sweetheart Position

ROCK STEP, KICK BALL CHANGE - CROSS & POINT

1-2 Rock right to right side, recover on left
3&4 Right kick-ball-change - kick right, step right, step left
5-6 Cross step right over left, point left toe to left side
7-8 Cross step left over right, point right toe to right side

SHUFFLE FORWARD, FULL TURN, HOLD

1&2 Shuffle forward right, left, right
3-4 Step forward on left foot, making $\frac{1}{2}$ turn right (drop ladies left hand)
5-6 Step forward on left foot, making $\frac{1}{2}$ turn right
7-8 Step forward on left, hold (return to sweetheart hand hold)

KNEE ROLLS, SYNCOPATED STEPS FORWARD

1-2 Traveling forward with weight on the ball of right foot - step forward right and roll right knee out to right side, take weight on right foot on count 2 (making circle)
3-4 Step forward on ball of left foot, and roll left knee out to left side, take weight on left foot on count 4
5 Stomp right foot forward
6 Hold
&7 Make a quick step forward bringing left foot behind right, (7) stomp right foot forward
8& Hold on count 8, (&) bring left foot behind right

$\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN, $\frac{1}{4}$ SHUFFLE RIGHT, SHUFFLE LEFT

1-2 Step forward on right, make $\frac{1}{2}$ turn left (drop ladies right hand to make turns)
3-4 Step forward on right, make $\frac{1}{4}$ turn left (weight on left)
5&6 Making $\frac{1}{4}$ turn left, shuffle right, left, right (return to sweetheart hand hold)
7&8 Shuffle forward left, right, left

REPEAT
