

Tragic

拍数: 0 墙数: 0 级数:
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音乐: Tragedy - Steps



Sequence: ABC, ABD, BD
72-count lead in from beginning of track (35 seconds approx.)

PART A

& SWING, & SWING, HIPS TWICE

& Swing right to right side so your foot is now off the ground
1 Step right beside left
& Swing left to left side so your foot is now off the ground
2 Step left beside right
3&4 Bump hips right-left-right while pumping shoulders down-up-down
& Swing left to left side so your foot is now off the ground
5 Step left beside right
& Swing right to right side so your foot is now off the ground
6 Step right beside left shoulder width apart
7&8 Bump hips left-right-left while pumping shoulders down-up-down

KICK BALL CHANGE, & SLIDE TWICE

9& Kick right forward, step right beside left
10 Step left beside right
& Step right to right side
11-12 Slide left beside right over 2 counts (weight still on right)
13& Kick left forward, step left beside right
14 Step right beside left
& Step left to left side
15-16 Slide right beside left over 2 counts (weight still on left)

RIGHT VINE TWICE

17-18 Step right to right side, cross left behind right,
19 Step right to right side while turning a ¼ right
20 Step left beside right
21-24 Repeat steps 17-20 in PART A

POINT RIGHT, POINT LEFT, ½ TURN, WALKS

25-26 Point right toe to right side, step right beside left
27 Point left toe to left side
28 Unwind ½ a turn left (legs should end crossed)
29-32 Walk forward left-right-left, touch right toe beside left

REPEAT ABOVE STEPS

33-64 Repeat steps 1-32 in PART A

DELAYED HANDS

65-70 Over 6 counts, in a robotic movement slightly pausing after each beat, bring both of your hands upwards so they end up next to your ears

PART B (TRAGEDY)

HIP BUMPS & HAND WORK

Make sure your hands are by your ears to start this section even though you have missed out the "delayed hands" in some sections

1&2& Bump your hips right-left-right-left

3&4 Continue bumping your hips right-left-right

While doing steps 1-4 in PART B, your hands are next to your ears

5 Raise right arm into the air, tilted to the right

6 Raise left arm into the air, tilted to the left (both arms are now in the air)

7 Bring both hands to your heart

8 Extend both arms forward with palms facing upwards

HAND WORK, OUT-OUT-IN-TOUCH

9-12 Repeat steps 1-4 in PART B (then while doing step 13 drop arms)

13-14 Step right to right side, step left to left side

15-16 Step right to centre, touch left toe beside right

LEFT TOGETHER, LEFT TOUCH, RIGHT TOGETHER, RIGHT TOUCH

17-18 Step left to left side, slide right next to left

19-20 Step left to left side, slide right next to left (with weight ending on left)

21-22 Step right to right side, slide left next to right

23-24 Step right to right side, slide left next to right (with weight ending on both feet)

While doing step 17, bend your left arm left with palm facing upwards as you place right hand onto right hip.

On step 18 bend arms in front of you palms facing up. Repeat the 17-18 handwork for steps 19-20, then repeat 17-18 handwork but this time reverse the handwork and do it on counts 21-24

HAND WORK / HEAD WORK, SHOULDER PUMPS

25-26 Extend right arm forward twice

27 Swing right arm to right side

& Turn head a ¼ turn to the right

28 Turn head a ¼ turn to the left

29& With right arm still extended, pump your left shoulder down-up

30-32 Repeat steps 29& twice, then on last count(32) pump your left shoulder down

While doing steps 29-32, lean to left side

REPEAT ABOVE STEPS

33-64 Repeat steps 1-32 in PART B

RIGHT SHUFFLE, REVERSE COASTER STEP

65& Step right forward, step left next to right

66 Step right forward

67& Step left forward, step right next to left

68 Step left back

69& Step right back, step left next to right

70 Step right back

71& Step left back, step left next to right

72 Step left forward

REPEAT ABOVE STEPS

73-80 Repeat steps 65-72 in PART B

TOE-TOE-TOE-BALL CHANGE

81& Touch right toe forward, step right next to left

82& Touch left toe forward, step left next to right

83& Touch right toe forward, step right next to left

84 Step left next to right

Note: While doing steps 81-84 turn a ¼ turn right

REPEAT ABOVE STEPS

85-88 Repeat steps 81-84 in PART B

You should now be facing 6:00 wall

WALK BACK, RIGHT SHUFFLE, LEFT SHUFFLE

- 89-92 Walk back right-left-right-left
93& Step right forward, step left next to right
94 Step right forward
95& Step left forward, step right next to left
96 Step left forward

STOMP-STOMP, HEELS-TOES-HEELS, STOMP-STOMP, HEELS-TOES-HEELS

- 97 Stomp right forward
98 Stomp left slightly back directly behind right foot
99 Swivel right heel & left toe to left
& Swivel right toe & left heel to left
100 Swivel right heel & left toe to left

You should be traveling left on steps 99-100

- 101 Stomp right forward to right diagonal
102 Stomp left forward shoulder width apart
103& Swivel both heels in, swivel both toes in
104 Swivel both heels to centre ending with feet side by side

PART C

SHOULDER PUSHES

The following steps are done with fists clenched

- 1 Step right forward and lean forward as you push right shoulder down
& Push left down and right shoulder up
2 Push right shoulder down and left shoulder up
3 Lean back as you push left down
& Push right shoulder down and left shoulder up
4 Push left down and right shoulder up
5 Step right back and lean back as you push right shoulder down
& Push left down and right shoulder up
6 Push right shoulder down and left shoulder up
7 Lean forward as you push left down
& Push right shoulder down and left shoulder up
8 Push left down and right shoulder up

STEP ½ TURN, RIGHT SHUFFLE, LEFT SHUFFLE, STEP-STEP

- 9-10 Step right forward, pivot ½ a turn left
11& Step right forward, step left next to right
12 Step right forward
13& Step left forward, step right next to left
14 Step left forward
15 Step right forward to right diagonal
16 Step left next to right shoulder width apart

PART D

STEP ½ TURN, RIGHT SHUFFLE, LEFT SHUFFLE, STEP-STEP

- 1-2 Step right forward, pivot ½ a turn left
3& Step right forward, step left next to right
4 Step right forward
5& Step left forward, step right next to left

- 6 Step left forward
 - 7 Step right forward to right diagonal
 - 8 Step left next to right shoulder width apart.
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