

Trouble

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Al Vigus (UK)
音乐: Trouble - Basement Jaxx



RIGHT CROSS, STEP BACK, CHASSIS RIGHT, LEFT CROSS, STEP BACK, CHASSIS ¼ TURN LEFT

1-2 Cross right over left, step back on left
3&4 Step right to right side, step left next to right, step right to right side
5-6 Cross left over right, step back on right
7&8 Step left to left side, step right next to left, turn ¼ turn to left stepping forward on left (9:00)

FORWARD ROCK, RIGHT SHUFFLE BACK, LEFT PADDLE FULL TURN, HOLD

9-10 Rock forward on right, replace weight back on left
11&12 Step back on right, step left next to right, step back on right
13&14 Step 1/3 turn to left on left foot, step ball of right foot next to left heel, step 1/3 turn to left on
&15-16 Left foot, step ball of right foot next to left heel, step 1/3 turn to left on left foot, hold (9:00)

WALK RIGHT, LEFT, RIGHT ROCK & CROSS, TWO ¼ RIGHT TURNS, CROSS ROCK & ¼ TURN LEFT

17-18 Walk forward on right, walk forward on left
19&20 Rock right to right side, replace weight onto left foot, cross right over left
21-22 Turn ¼ turn right stepping back on left, turn ¼ turn right stepping right to right side
23&24 Cross left over right, replace weight onto right, turn ¼ turn left stepping forward on left (12:00)

PIVOT ½ TURN LEFT, FORWARD RIGHT MAMBO, SYNCOPATED SAILORS WITH A LEFT POINT, HOLD

25-26 Step forward on right, pivot ½ turn left
27&28 Rock forward on right, replace weight back onto left, step right slightly behind & to right of left
29&30 Step left behind right, step right to right side, step left to left side
&31-32 Step right behind left, point left toes out to left (weight on right), hold (6:00)

LEFT FORWARD ROCK, ½ TURNING LEFT SHUFFLE, RIGHT FORWARD ROCK, ½ TURNING RIGHT SHUFFLE

33-34 Rock forward on left, replace weight back on right
35&36 Turning ¼ turn to left step left to left side, step right next to left, turn ¼ turn to left step forward on left
37-38 Rock forward on right, replace weight back on left
39&40 Turning ¼ turn to right step right to right side, step left next to right, turn ¼ turn right step forward on right (6:00)

PIVOT ¾ TURN RIGHT, CHASSIS LEFT, BEHIND-SIDE-CROSS-REPLACE-CROSS, HOLD

41-42 Step forward on left, pivot ¾ turn to right
43&44 Step left to left side, step right next to left, step left to left side
45&46 Step right behind left, step left to left side, cross right over left
&47-48 Replace weight back on left, cross right over left (with weight on right), hold (3:00)

LEFT SIDE ROCK, BEHIND-SIDE-CROSS, TWO ¼ TURNS LEFT, RIGHT CROSS SHUFFLE

49-50 Rock left to left side, replace weight onto right
51&52 Step left behind right, step right to right side, cross left over right
53-54 Turn ¼ turn to left stepping back on right, turn ¼ turn to left stepping left to left side
55&56 Cross right over left, step left to left side, cross right over left (9:00)

HIP SWAYS LEFT & RIGHT, LEFT SAILOR, TOUCH TURNS TO LEFT (HALF TURN) HOLD

57-58 Step left to left side swaying hips to left, replace weight onto right swaying hips to right

59&60 Step left behind right, step right to right side, step left to left side
61& Touch right toes to right side, bring right foot next to left knee turning $\frac{1}{4}$ turn left
62& Repeat 61&
63-64 Touch right toes to right side, hold (3:00)

REPEAT

The music loses it's beat 15 seconds before the end of the track. Just dance through it to the finish
