

Unleashed

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Dom Yates (UK)
音乐: Unleash the Dragon - Sisqó



RIGHT SHUFFLE, STEP PIVOT ½ TURN, LEFT SHUFFLE, SIDE SWITCHES

1&2 Step forward right, slide left up to right, step forward right
3-4 Step forward left, pivot ½ turn to right
5&6 Step forward left, slide right up to left, step forward left
7&8& Point right to side, step right in place, point left to side, step left in place

KICK-BALL FORWARD POINT, CROSS TOUCH, STEP, STEP PIVOT STEP, KICKS

1&2 Kick right forward, step onto right, point left forward
3-4 Touch left across right, step forward left
5&6 Step forward right, pivot ½ turn left, step forward right
7&8& Kick left forward, step left in place, kick right forward, step right in place

BUMPS (ALT. BODY ROLLS), STEP, TOUCH, SHUFFLE ½ TURN

1&2 Step forward left bumping hips left, right, left
3&4 Step forward right bumping hips right, left right
Alt: body roll up over 2 counts to replace bumps
3&4 Body roll up over 2 counts to replace bumps
5-6 Step forward left, touch right behind
7&8 Step back on right making ¼ turn right, slide left up to right, step forward right making ¼ turn right

STEP, TOUCH, STEPS BACK & CROSS TOUCH, STEP, STEP PIVOT TURN, BACK ROCK

1-2 Step forward left, touch right behind
3&4 Step back on right, step back on left, cross touch right over left
5-6& Step forward right, step forward on left, pivot ½ turn right
7-8& Step back on left making ½ turn right, rock back on right, recover weight onto left

REPEAT

TAG

At end of wall 4 (facing front)

1-2 Making ¼ turn left step right to side, hold
3-4 Making ½ turn right step left to side, hold
5-6 Making ½ turn left step right to side, hold
7-8 Making ¼ turn right step left to side, hold