

The Interceptor

拍数: 0 墙数: 4 级数: Intermediate
编舞者: Stephen Sunter (UK)
音乐: Don't Be Stupid (You Know I Love You) - Shania Twain



PART A

LEFT ROMP, RIGHT ROMP ¼ TURN BALL CHANGE, STEP RIGHT, LEFT, RIGHT COASTER STEP

- &1&2 Step back on right foot, touch left heel diagonally forward, step left back in place, step right next to left
- &3&4 Step back on left foot, touch right heel diagonally forward, step right back in place making ¼ turn to the right, step left foot forward
- 5-6 Step forward right, step forward left, (right foot should raise slightly when you step forward left)
- 7&8 Place weight back on right foot, step left next to right, step forward on right foot

STEP LEFT, ¾ PIVOT TURN RIGHT, SIDE SHUFFLE LEFT, ¼ TURN RIGHT COASTER STEP, STEP LEFT, ¼ TURN RIGHT

- 9-10 Step forward on left foot, pivot ¾ turn right
- 11&12 Step left foot to left side, slide right next to left, step left foot to left side
- 13&14 Making a ¼ turn backward over right shoulder step back on right foot, step left next to right, step forward on right foot
- 15-16 Step forward on left foot, pivot ¼ turn right, (weight on left foot)

CROSS ROCKS RIGHT, CROSS ROCKS LEFT

- 17& Cross step right foot in front of left lifting left foot, place weight onto left foot lifting right
- 18& Place weight onto right lifting left, place weight onto left foot lifting right
- 19-20 Place weight onto right lifting left, scuff & hitch left foot next to right
- 21& Cross step left foot in front of right lifting right foot, place weight onto right foot lifting left
- 22& Place weight onto left lifting right, place weight onto right foot lifting left
- 23-24 Place weight onto left lifting right, scuff & hitch right foot next to left

Put spring into these steps

STEP RIGHT, PIVOT ½ TURN LEFT, STEP RIGHT, PIVOT ½ TURN LEFT, SCUFF HITCH RIGHT, SCUFF HITCH LEFT

- 25-26 Step forward on right foot, pivot ½ turn left
- 27-28 Step forward on right foot, pivot ½ turn left
- 29&30 Scuff right foot next to left, hitch right knee, step forward on right foot
- 31&32 Scuff left foot next to right, hitch left knee, step forward on left foot

ROCK FORWARD RIGHT, RIGHT SHUFFLE BACK, ROCK BACK LEFT, LEFT SHUFFLE FORWARD

- 33-34 Rock forward on right foot, rock back on left foot
- 35&36 Step back right, slide left next to right, step back on right
- 37-38 Rock back on left foot, rock forward on right foot
- 39&40 Step forward left, slide right next to left, step forward on left

STOMP RIGHT, HEEL TAPS X 3, SHOULDER SHRUGS X 4 WITH ¼ TURN

- 41-44 Stomp right foot forward, tap right heel for 3 counts
- 45-48 Shrug right shoulder forward & back for 4 counts, while making a ¼ turn left (weight on left foot)

PART B

SIDE SHUFFLE RIGHT, ROCK LEFT BEHIND, 2 X HIP BUMPS LEFT, 2 X HIP BUMPS RIGHT

49&50 Step right to right side, slide left next to right, step right to right side
51-52 Rock back on left behind right foot, rock weight back on to right foot
53-54 Step on left foot as you bumps hips to left (2 counts)
55-56 Bump hips to right twice, (weight on right foot)
Hip bumps can be replaced for snake rolls left (2 counts) then right (2 counts)

SIDE SHUFFLE LEFT, ROCK RIGHT BEHIND, 2 X HIP BUMPS RIGHT, 2 X HIP BUMPS LEFT

57&58 Step left to left side, slide right next to left, step left to left side
59-60 Rock back on right behind left foot, rock weight back on to left foot
61-62 Step on right foot as you bumps hips to right (2 counts)
63-64 Bump hips to right twice, (weight on left foot)
Hip bumps can be replaced for snake rolls right (2 counts) then left (2 counts)

REPEAT

When The Interceptor was demonstrated, the majority preferred the dance with section (A) & (B) danced as one sequence. When dancing to Don't Be Stupid by Shania Twain, or any other piece of music you prefer the dance should be danced as a 64 step Intermediate Line Dance

For the more adventurous dancer, try doing the dance to "Put Your Heart Into It" by Sherrié Austin, dancing it as follows:

Section A, B, A, B, C, A, A, The last 16 counts from section A (33 - 48), B

PART C

SIDE SHUFFLE, CROSS LEFT, UNWIND FULL TURN, SIDE SHUFFLE, ROCK BACK, ROCK FORWARD

1&2 Step right to right side, slide left next to right, step right to right side
3-4 Cross step left foot in front of right, unwind a full turn to the right
5&6 Step left to left side, slide right next to left, step left to left side
7-8 Rock back on right foot, rock forward on left
