

Hole In The Head

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mary Garner (UK)
音乐: Hole in the Head - Sugababes



SIDE ROCK, CROSS STEP CROSS, STEP ¼ TURN, HOLD, STEP ¼ TURN, HOLD

1-2 Rock right to right side, recover on left
3&4 Cross step right over left, step left to left side, cross step right over left
5-6 Step left to left side making ¼ turn right and hold
7-8 Step forward on right making ¼ turn right and hold

Optional click fingers during holds

SIDE ROCK, CROSS STEP CROSS, STEP ¼ TURN, HOLD, STEP ¼ TURN, HOLD

1-2 Rock left to left side, recover on right
3&4 Cross step left over right, step right to right side, cross step left over right
5-6 Step right to right side making ¼ turn left and hold
7-8 Step forward on left making ¼ turn left and hold .(optional click fingers during holds)

ROCK STEP, SHUFFLE ½ TURN, HEEL SWITCHES WITH A TOUCH

1-2 Rock forward on right, recover on left
3&4 ½ turn shuffle to right stepping right left right
5&6& Touch left heel forward, step left beside right, touch right heel forward, step right beside left
7-8 Touch left heel forward, touch left beside right

FORWARD SHUFFLE, STEP TOUCH, BACK SHUFFLE, STEP TOUCH

1&2 Step forward on left, step right beside left, step forward on left
3-4 Step forward on right, touch left beside right
5&6 Step back on left, step right beside left, step back on left
7-8 Step back on right, touch left beside right

WALK, WALK, MAMBO STEP, TOE TOUCHES, SAILOR STEP

1-2 Walk forward on left, walk forward on right
3&4 Rock forward on left, rock back on right, step left beside right
5-6 Touch right toes forward, touch right toes to right side
7-8 Step right behind left, step left to left side, step right to right side

SIDE, BEHIND AND HEEL AND CROSS, STEP TURN, STEP TOUCH

1-2& Step left to left side, step right behind left, step left to left side
3&4 Touch right heel forward, step right beside left, cross left over right
5-6 Step back on right, step left beside right making ¼ turn left
7-8 Step forward on right, touch left beside right

KICK BALL CHANGE, STEP ½ TURN TWICE

1&2 Kick left forward, step left beside right, step forward right
3-4 Step forward on left, pivot ½ turn right
5&6 Kick left forward, step left beside right, step forward right
7-8 Step forward on left, pivot ½ turn right

ROCK STEP, COASTER STEP, MAMBO STEP AND WALK, WALK

1-2 Rock forward on left, recover on right
3&4 Step back on left, step right beside left, step forward left

5&6 Rock forward on right, rock back on left, step right beside left
&7-8 Step left beside right, walk forward on right, walk forward on left

REPEAT

RESTART

On wall 2, dance up to step 40, but on the sailor step touch right to right side instead of stepping on it and then you are ready to restart dance from beginning
