

Explosive

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Out of Habit - BR5-49



WALK, COASTER, ¼ TURNS, HEEL, HOOK, HEEL, TOGETHER

- 1-2 Step forward right step forward left.
- 3&4 Step back right, step back left. Step forward right
- 5-6 Step forward left, step forward right
- 7&8 Step back left, step back right, step forward left
- 9-10 Step forward right turning a quarter left
- 11-12 Repeat steps 9 & 10
- 13 Right heel forward
- 14 Right heel hook in front of left leg
- 15 Right heel forward
- 16 Right heel step together next to left

LEFT CHASSE, ROCK, BEHIND, CROSS, SHUFFLE, TURN

- 17&18 Step left to left side. Close right beside left. Step left to left
- 19 Rock right behind left
- 20 Rock weight onto left
- 21-22 Step right to right side. Cross left behind right
- &23 Step right to right side. Cross left over right
- 24 Step right to right side
- 25-26 Step left to left side. Cross right behind left
- 27&28 Step left to side making ¼ turn. Slide right to left. Step left forward
- 29-30 Step forward right ½ turn over left shoulder
- 31-32 Repeat steps 29-30

KICK, SIDE, CROSS, UNWIND, SHUFFLE, ROCKS, BUMPS

- 33&34 Kick right forward step in place. Kick left to left side
- 35-36 Cross left over right unwind ½ turn over right shoulder
- 37&38 Step right forward close left beside right step forward right
- 39-40 Rock forward left. Rock back right
- 41&42 Step back left. Close right beside left. Step back left
- 43-44 Rock back right rock forward left
- 45&46 Bump right hip forward, left hip back, right hip forward
- 47-48 Step forward left

HIPS, STEP, TURN, HEELS, SHIMMIES

- 49&50 Repeat steps 45 & 46
- 51-52 Repeat steps 47-48
- 53-54 Step right forward ¼ turn left
- 55-56 Repeat steps 53-54
- 57& Touch right heel forward step right beside left
- 58& Touch left heel forward step left beside right
- 59&60 Touch right heel forward step forward weight onto right foot
- 61-62 Forward shimmy
- 64-64 Back shimmy

REPEAT

