

Disturbed

拍数: 48 墙数: 4 级数: Advanced
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音乐: On My Radio - The Woolpackers



3 TOE SWITHCES, HOOK, TOE (REPEAT ON OPPOSITE FEET)

1&2 Touch right toe forward, step right beside left, touch left toe forward
&3 Step left beside right, touch right toe forward
&4 Hook right across left shin, touch right toe forward
&5 Step right beside left, touch left toe forward
&6 Step left beside right, touch right toe forward
&7 Step right beside left, touch left toe forward
&8 Hook left across right shin, touch left toe forward

& SCUFF, HITCH, BACK, 3 SNAKE ROLLS

& Step left beside right
9&10 Scuff right heel forward, raise/hitch right knee, step right back
11-12 Snake roll to right side while turning a ¼ right
13-14 Snake roll to left side while turning an 1/8 right
15-16 Snake roll to right side while turning an 1/8 right

You should now be facing 6:00 wall

SCUFF, HITCH, BACK & SHUFFLES, STEP ½ TURN

17&18 Scuff left heel forward, raise/hitch left knee, step left back
& Hook right across left shin
19&20 Shuffle ½ a turn left stepping-right, left, right and traveling towards 6:00 wall
21&22 Shuffle ½ a turn left stepping left, right, left and traveling towards 6:00 wall
23-24 Step right forward, pivot ½ a turn left sliding left beside right

MODIFIED RUNNING MAN STEPS

25 Jump feet shoulder width apart
& Jump feet together hooking right behind left calf while turning ½ left
26 Jump feet shoulder width apart
& Jump feet together hooking right behind left calf while turning ½ right
27 Jump feet shoulder width apart
& Jump feet together while turning ¼ left
28 Hold for 1 beat (you should now be facing 9:00 wall)

HAND WORK

29 Bring both arms in front of you crossing left arm over right with fists clenched
30 Keeping arms in front of you slap right hand on left bicep and left hand on right bicep
& Keeping arms in front of you swing left hand up/left ending vertically
31 Keeping arms in front of you swing right hand up/right ending vertically
32 Drop both arms and tilt head down-and relax!

MASHED POTATO STEPS

& Swivel both heels apart
33 Swivel both heels together while sliding right back
& Swivel both heels apart
34 Swivel both heels together while sliding left back
& Swivel both heels apart

35 Swivel both heels together while sliding right back
& Swivel both heels apart
36 Swivel both heels together

TOE POINTS, MODIFIED SAILOR STEP

& Swivel both heels apart raising/hitching right knee
37 Swivel left heel in while pointing right toe to right side
& Swivel both heels apart raising/hitching right knee
38 Swivel left heel in while pointing right toe to right side
39 Step right behind left swiveling left heel to center
&40 Step left to left side, cross right over left

JUMPS BACK, PENDULUM SWINGS, UNWIND FULL TURN

41&42 With feet crossed jump back 3 times in the count 41&42
43& Point right toe to right side, step right beside left
44& Point left toe to left side, step left beside right
45-46 Point right toe to right side, cross right behind left
47-48 Unwind a full turn right. (you should now be facing 9:00 wall)

REPEAT
