

Dance Or Die

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maggie Gallagher (UK)
音乐: Die Another Day (Radio Edit) - Madonna



KICK-OUT-OUT, LOOK, HOLD, BALL-CROSS, HOLD/DROP HAND, SIDE-ROCK-TOUCH

- 1&2 Kick right forward, step right slightly to side, step left slightly to side
- 3 Look left and raise left palm to face
- 4 Hold
- &5 Still looking left with hand raised: step right slightly to side, cross step left over right
- 6 Hold dropping hand to side and look forward
- 7&8 Rock right to side, recover weight onto left, touch right together

KICK-BALL-TOUCH/FORWARD, SIT DOWN, UP, ½ TURN, TOUCH, ½ TURN STEP TOGETHER

- 1&2 Kick right forward, step right together, touch left forward
- 3-4 Funky: bend knees to lower (sit), straighten knees to stand (up)
- 5-6 Pivot ½ turn right transferring weight on left, tap right toe forward
- 7-8 Pivot ½ turn left transferring weight onto right, step left together

SIDE, DRAG, TOUCH BEHIND, BOUNCE UP-DOWN, POINT, HOLD & POINT & POINT

- 1-2 Large step right to side, drag left towards right
- 3&4 Touch left behind right, lift both heels, drop both heels to floor
- 5-6& Point left to side, hold, step left together
- 7&8 Point right to side, step right together, point left to side

BALL-CROSS, HOLD, ¼ LEFT, ½ LEFT, LEFT COASTER, 2 "PIMP WALKS"

- &1-2 Step left together, cross step right over left, hold
- 3-4 Turn ¼ left stepping onto left, on ball of left; turn ½ left and step back on right
- 5&6 Step back on left, step right together, step forward on left
- 7 Slide right toe diagonally forward rolling knee out and step onto right
- 8 Slide left toe diagonally forward rolling knee and step onto left

Use your hips and make it stylish!

REPEAT

RESTART

On wall 5, dance up to count 20 (the heel bounce) then restart from count 1

Towards the end of the song there is a change in the music - just dance through it till the end