

Bitter Pill

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Scott Schrank (USA) & Amy Christian (USA)
音乐: Bitter Pill - Annie Lennox



Sequence: 32, Restart A, 32, 32, Restart B, 32 Through End

MAMBO POINT, COASTER ¼ TURN, MAMBO ½ TURN, STEP, PIVOT, HITCH

- 1&2 Step ball of right forward grinding hip to the right, recover weight to left, point right toe right
3&4 Step ball of right behind left foot, while transferring weight to left, make ¼ turn left on ball of left, step forward on right
5&6 Step ball of left forward grinding hip to left, recover weight to right starting ½ turn left on ball of right, step slightly forward on left foot
7&8 Step right foot forward, pivot ½ turn left on ball of right while stepping forward left, hitch right foot up and slightly crossing left leg

On count 8, raise your left hand above you head
Restart A happens here

STEP, SCISSOR CROSS, SIDE TURN, MAMBO CROSS RIGHT, MAMBO CROSS LEFT

- 1-2 Step right foot forward and over left, rock left foot left
&3 Recover weight to ball of right, cross left foot over right
&4 Step right foot to right starting ¼ turn left, step left foot left (6:00 wall)
5&6 Step right foot over left, recover weight to left, step right foot right
7&8 Step left foot over right, recover weight to right, step left foot left

Restart B happens here

BUMP, BUMP, ¼ TURN BUMP, BIG STEP FORWARD, BUMP BACK 2X, STEP, TAP, TOUCH

- 1&2 Step right foot to right side & bump to the right, bump left, ¼ turn left as you bump back
3-4 Take a big step forward on left foot, drag right foot, next to left foot
5-6 Bump right hip backwards twice while looking over your right shoulder
7&8 Take a big step forward on left foot, tap right toe, touch right foot next to left

SIDE ROCK CROSS, SIDE ROCK CROSS, ½ TURN RIGHT WITH HEEL BOUNCES

- 1&2 Step right foot to right side, recover on left foot, step right foot over left
3&4 Step left foot to left side, recover on right foot, step left foot over right
5-8 Hands out at an angle, right hand down, left hand up, (or do shoulder pops). ½ turn right, with 4 slight heel bounces, upper body angling to the right

REPEAT