

Bitter Root

拍数: 0 墙数: 2 级数: Intermediate
编舞者: EmCee (UK)
音乐: Bitter Root - The Indigo Girls



With help from CeeJay

PART A (CHORUS)

RIGHT SCISSOR, LEFT SCISSOR, KICK STEP RIGHT, LEFT, RIGHT, LEFT

1&2 Rock right to side, recover to left, cross right over left

3&4 Rock left to side, recover to right, cross left over right

Angle body to right diagonal

5& Kick right forward, step right forward

Angle body to left diagonal

6& Kick left forward, step left forward

7&8& Repeat 5&6&

STEP RIGHT TURN ½ RIGHT BACK ON LEFT FOOT, RECOVER, STEP RIGHT, STEP LEFT, BEHIND SIDE CROSS

1-2 Step right forward, turn ½ right (weight to right), step left back

3-4 Rock right back, recover onto left

5-6 Step right forward and slightly side, left to left side

Gentle stomps

7&8 Cross right behind left, step left to side, cross right over left

CHARLESTON LEFT BEHIND, LEFT IN FRONT, RIGHT BEHIND, RIGHT IN FRONT, SHUFFLE, FULL TURN LEFT

1-2 Touch left forward, step left back

3-4 Touch right back, step right forward

5&6 Shuffle forward left, right, left

7-8 Turn ½ left and step right back, turn ½ left and step left forward

RIGHT SCISSOR, UNWIND ¾ TURN LEFT, STEP LEFT, RIGHT, LEFT, RIGHT KICK BALL CHANGE

1&2 Rock right to side, recover to left, cross right over left

3-4 Unwind ¾ turn (weight to left)

5-6 Step right forward, step left forward

7&8 Kick right forward, step right together, step left in place

STOMP RIGHT, LEFT, STEP RIGHT TO RIGHT ¼ TURN, BACK ONTO LEFT ¼ TURN STEP RIGHT BACK, TOUCH LEFT TO RIGHT, STEP LEFT, KICK RIGHT

1-2 Step right to side, step left to side

Gentle stomps

3-4 Turn ¼ right and step right forward, turn ¼ right and step left back

5-6 Step right back, touch left together

7-8 Step left forward, kick right forward

Allows a hitch before following diagonals

PART B (VERSE)

DIAGONAL RIGHT SIDE SHUFFLES, ½ TURN RIGHT, LEFT SIDE SHUFFLES, ½ TURN RIGHT ROCK BACK, RECOVER, FULL TURN RIGHT (UNDER TURN TO FACE 12:00)

1&2 Turn 1/8 right and shuffle to side stepping right, left, right

3&4 Turn ½ right and shuffle to side stepping left, right, left

5-6 Turn ½ right and rock right back, recover onto left

7&8 Turn ½ right and step right back, turn ½ right and step left forward

Under-turn to face 12:00

**RIGHT SHUFFLE, LEFT CROSS IN FRONT OF RIGHT, UNWIND FULL TURN RIGHT, LEFT SHUFFLE
BACK ROCK RIGHT BACK RECOVER**

1&2 Shuffle forward right, left, right

3-4 Cross left over right, unwind a full turn right (weight to right)

5&6 Shuffle back left, right, left

7-8 Rock right back, recover onto left (12:00)

**DIAGONAL TO 11:00 RIGHT SIDE SHUFFLE, ½ TURN RIGHT, LEFT SIDE SHUFFLE, ½ TURN RIGHT,
ROCK BACK RECOVER, FULL TURN LEFT (UNDER EXTEND TURN TO FACE 6:00)**

1&2 Turn ¼ right and shuffle to side stepping right, left, right

3&4 Turn ½ right and shuffle to side stepping left, right, left

5-6 Turn ½ right and rock right back, recover onto left

7&8 Turn ½ left and step left back, turn ½ left and step right forward

Under-turn to face 6:00

**RIGHT SHUFFLE, LEFT CROSS IN FRONT OF RIGHT, UNWIND FULL TURN RIGHT, LEFT SHUFFLE
BACK, ROCK RIGHT BACK RECOVER**

1&2 Shuffle forward right, left, right

3-4 Cross left over right, unwind a full turn right (weight to right)

5&6 Shuffle back left, right, left

7-8 Rock right back, recover onto left (6:00)

Repeat above 72 counts once for wall 2 (reversing clock faces for diagonals i.e. 11:00 first)

Repeat wall 1 for first 32 counts (finishing with right kick ball change)

TAG

1-2 Step right to side, step left to side

Gentle stomps

3-4 Turn ½ left (weight to left)

Verse as for wall 1

Start again for wall 2 until end
