Bitter Root

拍数: 0

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 ¹/₂ 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 ³/₄ 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





墙数:2

7&8 Turn $\frac{1}{2}$ right and step right back, turn $\frac{1}{2}$ 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)

TAG1-2Step 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