

Bad

拍数: 48 墙数: 4 级数: Advanced
编舞者: Michele Etherington (UK)
音乐: Bad - Michael Jackson



KICK & STEP, HEEL JACK, KICK & STEP, HEEL JACK

1&2 Kick right forward, step right beside left, step left to left side
&3 Rock weight back onto right foot, touch left heel to left diagonal
&4 Step left beside right, step right forward
5&6 Kick left forward, step left beside right, step right to right side
&7 Rock weight back onto left foot, touch right heel to right diagonal
&8 Step right beside left, step left forward

2X HITCH KICKS OVER ¼ TURN LEFT, SAILOR STEP, ¼ TURN LEFT, COASTER STEP, SCUFF

&9 Hitch right knee, kick right heel towards floor starting ¼ turn left
&10 Hitch right knee, kick right heel towards floor completing ¼ turn left
11&12 Step right behind left, step left to left side, step right to right side
13-14 Turn ¼ left pointing left toe forward, step left back
&15-16 Step on ball of right beside left, step left forward, scuff right beside left

2X HITCH KICKS, FORWARD SAILOR, SCUFF, STEP, TWIST & TWIST

&17 Hitch right knee, kick right heel towards floor across left leg
&18 Hitch right knee, kick right heel towards floor and slightly out to right side
19&20 Cross right over left, step left to left side, step right to right side
21-22 Scuff left beside right, step left to left side ending feet shoulder width apart
23&24 Twist both heels left, twist both heels to center, twist both heels left

Right knee should be bent and you should be facing right diagonal

2X KNEE POPS, JUMP, JUMP, TOGETHER, WALK RIGHT, LEFT, FULL TURN RIGHT

25 Pop left knee forward as you straighten right leg
26 Pop right knee forward as you straighten left leg
27& Jump feet shoulder width apart to face front, jump on the spot again
28 Slide both feet together
29-31 Walk forward right, left, right
32 Make a full turn to the right pivoting on right foot, ending with weight on left

KICK BALL POINT, ¼ TURN LEFT, BALL CHANGE, ¼ TURN RIGHT, BODY ROLL OVER ¼ TURN LEFT

33&34 Kick right forward, step right beside left, point left to left side
35&36 Keeping left toe pointed make ¼ turn left, step on ball of left beside right, step right forward
37-38 Step left forward, keeping weight on left make a ¼ turn right
39 Stepping onto right start ball roll to right commencing ¼ turn left
40 Complete body roll and the ¼ turn left ending with weight on right

COASTER STEP, STEP FORWARD, OUT, IN, STEP, TOGETHER, STEP, TOGETHER

&41-42 Step left back, step right beside left, step left forward
43&44 Step right forward, twist both heels out, twist both heels in
45-46 Step right forward, step left beside right in 3rd position
47-48 Step right forward, step left beside right in 3rd position

REPEAT

