

Bad Dawg!

拍数: 80 墙数: 4 级数: Advanced
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音乐: Super Love - Exile



HEEL GRINDS, HEEL STANDS

- 1 Step right forward with weight on heel only toe turned in.
- & Keeping weight on right heel turn right toe out as if grinding heel into floor.
- 2 Step left back.
- 3 Stomp right next to left bending both knees.
- & Straighten legs and lift both toes off floor pointing outward.
- 4 Bring toes together and return to floor.
- 5-8 Repeat above 4 counts
- 1-4 Repeat above 4 counts

HEEL, TOE TOUCHES WITH ¼ TURN LEFT, 4 PUSH ITS

- 5-6 Touch right heel to right side, touch tip of right toe to right side with right knee turned in and bent
- &7 Step right next to left, touch tip of left toe to left side with left knee turned in and bent
- &8 Step left next to right turning ¼ left, touch tip of right toe back
- 1&2 Step right forward shifting hips forward, shift hips back, shift hips forward
- 3&4 Step left forward shifting hips forward, shift hips back, shift hips forward
- 5-8 Repeat above 4 counts.

WALK BACK, TURN RIGHT ½, HITCHES, SHUFFLES

- 1-4 2 steps back right, left, turn right ½ with weight on left, step forward right, hitch left knee
- 5-6 Step left forward, hitch right knee
- 7&8 Right shuffle step forward.
- 1&2 Left shuffle step forward.
- 3-4 Hitch right knee, step right forward

¼ RIGHT PIVOT TURN, TRIPLE IN PLACE, 2 HEEL ROMPS

- 5&6 ¼ pivot turn step left forward, with weight on left turn ¼ right, step right in place
- 7&8 Step left, right, left in place.
- 1 Touch right heel to 2:00.
- &2 Step right together, touch ball of left next to right
- &3 Step left back to 7:00, touch right heel to 2:00
- &4 Step right together, touch ball of left next to right

½ TURN RIGHT, FEET APART, RIGHT HEEL SWIVELS

- &5 Step left in place, place ball of right back
- 6 Keeping feet where they are turn right ½
- 7-8 Step right next to left, step left to left so that feet are apart
- &1 Keeping ball of right on floor lift right heel up and out to right side, return right heel to floor
- &2 Repeat above heel swivel.
- &3 Repeat heel swivel.
- &4 Repeat heel swivel, head is bowed for the 4 heel swivels and the next 8 counts.

MASH BACKWARD SINGLE, SINGLE DOUBLE, AND REVERSE

- & Lift right foot slightly off floor and turn both toes in with weight on ball of left.
- 5 Step back right with weight on balls of both feet, turning toes out.

- & Lift left foot slightly off floor and turn both toes in with weight on ball of right.
6 Step back left with weight on balls of both feet, turning toes out.
&7 Repeat above with right foot.
&8 Keeping feet in above position lift both heels out to sides, heels in
1-4 Reverse above 4 counts. Starting with left foot.

STOMPS, SLAPS, STOMPS, CLAP

- 5-6 Stomp right forward, stomp left to left side
7-8 Slap right foot with left hand behind left knee, step right to right side
1-2 Slap left foot with right hand behind right knee, step left to left side
&3 Stomp right forward, stomp left to left side
4 Clap!

HEEL GRINDS, TURN RIGHT ¼, 4 SIDE STEPS

- 5 Place right heel forward with toe lifted and turned in.
6 Grinding right heel into floor turn right toe out and drop to floor.
7-8 Reverse above heel grind with left foot.
1&2 Repeat above heel grind with right foot turning ¼ right on &
3&4 Repeat heel grind with left foot. You are now facing a new wall ¼ right from original.
5 Step right to right side.
6-8 Keeping feet apart shift weight left, right, left

REPEAT
