

Bad Things

拍数: 64 墙数: 4 级数: Intermediate
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音乐: Bad Things - Jace Everett



STEP, SCUFF, STEP, POINT SIDE, HOLD, STEP-POINT, HOLD, STEP-POINT

- 1-2 Step on right foot, scuff left heel forward
- 3-4 Step on left foot in place, point right foot to right side
- 5&6 Hold, step on right foot next to left, point left foot to left side
- 7&8 Hold, step on left foot next to right, point right foot to right side

BOOGIE SWIVEL 2X TRAVELING TO THE RIGHT, ¼ TURN-STEP, STEP, ½ TURN PIVOT, STEP, HITCH

- 1-2 Swivel both feet to the right allowing toes to point right, keeping weight on the right foot, swivel both feet to the left allowing toes to point left, *keep knees bent while doing this
- &3-4 Step on left foot next to right, step on right foot as you swivel both feet to the right, keeping weight on the right foot, swivel both feet to the left allowing toes to point left
- 5-6 ¼ turn left and step forward on left foot, step forward on the right foot
- 7-8 ½ turn pivot to the left with left foot taking weight, hitch right foot to left knee

Optional: ladies, when you do the hitch, contract through your abs as though someone has punched you in the stomach

TOUCH SIDE, HITCH, ¼ TURN-STEP, HOLD, ½ TURN PIVOT, HOLD, STEP FORWARD

- 1-2 Touch right foot to right side, hitch right foot to left knee
- 3-4 ¼ turn right and step forward on right foot, hold
- 5-6 Step forward on the left foot, ½ turn pivot right with right foot taking weight
- 7-8 Step forward on left foot, hold

STEP FORWARD, HOLD, STEP FORWARD, HOLD, STEP BACK, HOLD, STEP BACK, HOLD

- 1-2 Step forward diagonally right as you roll right hip to the right, hold
- 3-4 Step forward diagonally left as you roll left hip to the left, hold
- 5-6 Step back diagonally right on right foot, hold
- 7-8 Step back diagonally left on left foot, hold

HIP ROLLS DIAGONALLY

- 1-2 Open your body diagonally left (facing 11:00) step out on the right foot as you roll your hip to the right toward 1:00, step left foot together with right
- 3-4 Repeat, turn body diagonally right (facing 1:00) and touch left foot next to right
- 5-6 Keeping your body facing diagonally right (facing 1:00), step out on the left foot as you roll your left hip to the left, step right foot together with left
- 7-8 Repeat, turn body to face 12:00 and touch right foot next to left

STEP BACK, HEEL, STEP, STEP FORWARD, ¼ TURN, HOLD, CROSS-STEP, ¼ TURN

- 1-2 Step back on the right foot, tap left heel forward
- 3-4 Step in place on left foot, step forward on right foot
- 5-6 ¼ turn left, pivoting on balls of both feet, hold
- &7 Step back on the left foot, cross the right foot over left
- 8 ¼ turn left, pivoting on balls of both feet to unwind, *weight ends up on both feet

WALK, HOLD, WALK, HOLD, JUMP FORWARD, HOLD, SWAY, SWAY

- 1-2 Walk forward on right foot, hold
- 3-4 Walk forward on left foot, hold

- &5-6 Jump forward on both feet stepping right then step on left foot bringing both arms up bent at the elbows and hands about ear level (&5), hold
- 7-8 Keep arms up and sway right-left, shifting weight from right to left foot

STEP, ¼ TURN - LIFT LEG, STEP, ½ TURN - LIFT LEG, STEP FORWARD, STEP FORWARD, PIVOT ½ TURN, STEP FORWARD

- 1-2 Step on the right foot in place, open a ¼ turn left and lift left leg
- 3-4 Step on left foot in place, open a ½ turn right and lift right leg
- 5-6 Step forward on right foot, step forward on left foot
- 7-8 Pivot a ½ turn right with right foot taking weight, step forward on left foot

REPEAT

ENDING

On the last time through the pattern, you can end the dance after the 3rd set of 8. This will take you to the front wall where you begin and give you a cool ending pose
