

Damaged

拍数: 32 墙数: 2 级数: Intermediate
编舞者: Alan Spence (UK) - January 2008
音乐: Damaged - Shayne Ward



STEP, ¼ TURN STEP, TOUCH, TOUCH, SIDE STEP, DRAG, TOUCH, STEP CROSS, ¼ TURN ROCK RECOVER

- 1-2 Step right foot forward, make sharp ¼ turn left stepping left forward. (9:00)
- 3&4 Touch right beside left, touch right slightly to the right, step long step to right side
- 5-6 Slowly drag left to touch beside right
- &7&8 Put weight on left, cross right over left, make ¼ turn left rocking to left side, recover onto right side. (6:00)

BACK ROCK, KICK BALL CROSS, ¼ TURN, HEEL, TOGETHER, TOUCH, ¼ TURN, HEEL, TOGETHER, STEP FORWARD

- 1-2 Rock left back behind right, recover on to right
- 3&4 Kick left to left diagonal, step left beside right, cross right over left
- &5&6 Make ¼ turn right stepping left back, dig right heel forward, step right beside left, touch left to left side
- &7&8 Make ¼ turn right stepping left back, dig right heel forward, step right beside left, step left forward. (12:00)

Restart here on walls 2 and 4

SWAY FORWARD BACK, ¼ TURN CHASSE, TOUCH, SIDE, HEEL, TOGETHER, CROSS, UNWIND ½ WITH 2 BOUNCES

- 1-2 Step right forward swaying forward as you do so, sway back onto left
- 3&4 Make ¼ turn right stepping right to side, step left beside right, step right to side. (3:00)
- 5&6& Touch left behind right, step left to left side, dig right heel to right diagonal, step right beside left
- 7&8 Cross left over right, unwind ½ turn right by bouncing two ¼ turns keeping weight left back (9:00)

TOUCH BACK, ½ TURN, TRIPLE STEP ½ TURN, COASTER STEP KICK, SYNCOPATED JAZZ BOX ¼ TURN KICK

- 1-2 Touch right back, make ½ turn right
- 3&4 Triple step half turn right stepping left, right, left
- 5&6& Step back on to right, step left beside right, step forward on to right, low kick forward with left
- 7&8& Cross left over right, step back on to right, make ¼ turn left stepping left to side, low kick forward with right

REPEAT

RESTART: Dance first 2 sections (16 counts) on walls 2 and 4, then restart dance from beginning