

Balliztic!!!

COPPER KNOB
STYLEDANCE

拍数: 64 墙数: 4 级数: Higher Intermediate
编舞者: M.T. Groove (UK) - July 2008
音乐: Beautiful Nightmare (feat. Balliztic) (Remix) - Beyonce



Start on Vocals (Rapping).....

STEP ¼ TURN CROSS, HOLD, STRAIGHTEN, SIDE STEP, ¼ ½ COASTER LEAN.

- 1-2 Step forward on R, Make ¼ turn L cross L over R and bend knees (dip).
3&4 Hold, Straighten and hitch the R(&), Step R to R side (over the wall stylee).
5-6 Make ¼ turn L as you step forward L, Make a ½ turn L as you step back R.
7&8 L Coaster heel/lean.....L heel is forward and lean back slightly. (12.00)

¼ HIP ROLL, HOLD, BREATHE IN/OUT, & SIDE ROCK, & ¼ TURN STEP.

- 1-2 Rotate hips clockwise ¼ turn R with upper body leant forward, straighten up(2).
3&4 Hold, Contract chest – breathe in then out (&4).
&5-6 Step R next to L, Rock L to L side, Recover on R.
&7-8 Step L next to R, Make ¼ turn R stepping forward R, Step forward L. (6.00)

½ TURN, ½ TURN, & TOUCH ½ TURN STEP, WALK WALK, BACK BACK/KICK.

- 1-2 Make ½ turn L step back on R, Make ½ turn L step forward on L.
&3-4 Step on R, Touch L slightly back, Unwind ½ turn L stepping forward L.
5-6 Walk forward R,L. (Brake)!!!
7&8 Walk back R,L,R....note as you step back on R low kick L across R, toes pointed up (12.00)

HOLD OUT OUT, SWAY SWAY, ¼ STEP, ¾ SPIN, HOLD, TOE SPLITS.

- 1&2 Hold (L still off floor from previous count), step out out L,R.
3-4 Sway hips R,L, weight ends L like a prep.
5-6 Make ¼ R step forward R, Spin ¾ turn R on R bring feet together. (12.00)
7&8 Hold (7), With toes off the floor on your heels, split toes apart(&) then together Putting toes back down.

BACK TOUCH, ¼ FORWARD TOUCH, ¼ BACK TOUCH, ¼ FORWARD TOUCH.

- 1-2 Step back on R, Touch L next to R.
3-4 Make ¼ turn L step forward L, Touch R next to L.
5-6 Make ¼ turn L step back on R, Touch L next to R.
7-8 Make ¼ turn L step forward on L, Touch R next to L. (3.00)

BALL ¼ CROSS, HOLD, ½ UNWIND, SCISSOR CROSS, SIDE LUNGE ¼ PREP, ¾ SPIN.

- &1-2 Step on ball of R, Make ¼ L cross L over R, Hold. (12.00)
3-4&5 Unwind ½ turn R, Step R to R side, Close L next to R, Cross R over L. (6.00)
6-7 Lunge L to L side with R toes off floor for 2 counts.
8-1 Recover ¼ turn onto R(prepare), Spin ¾ turn R on R bringing feet together(weight L) (6.00).

STEP ½ PIVOT, ¾ SPIN, & BEHIND, TOUCH SIDE STEP.

- 2-3 Step forward R, Pivot ½ turn L (weight L) (12.00).
4-5 ¾ turn slow spin L over 2 counts bringing feet together (weight R) (3.00)
&6-7-8 Step L behind R, Step R to R side, Touch L next to R, Step L to L.

OUT OUT, R SAILOR, L SAILOR ½ TURN L, WALK R,L, HOLD, BALL STEP.

- 1-2 Step out out (rolling knees) R, L.
3&4 R sailor step.
5&6 L sailor ½ turn L.

7&8 Hold, Step R next to L, Step forward L. (9.00)

Start over and enjoy!
