

Dangerous

拍数: 0 墙数: 1 级数: Phrased Intermediate
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音乐: Dangerous (feat. Akon) - Kardinal Offishall : (CD: Offishall 08)



Intro: Start after 32 counts

(AB,AB,A,A,A)

Specially dedicated to Celebrity Fitness (PG) Members on the occasion of their Sexy Line Dancing Session on 4th October 2008.

A (64 counts)

Cross Walk Hold, Cross Walk, Point L, Step Together Step R To R, Step L Together, Bend Both Knees Push Hip Back

- 1,2 Cross walk R over L, hold
- 3,4 Cross walk L over R, R over L
- & 5,6 point L to L (throw both arms to L bend R knee) (&), body straighten up step L next to R(5), step R to R(6)
- 7,8 Step L close to R (hold both arms up over head, push hip back and front) (weight on L)

Ball Change Step R Turn ¼ L Point L Chest Pump, Cross Hee L Jack, Cross Heel Jack, Point L, Shoulder Bump

- &1&2 Step R to R turn ¼ L point forward L toe (head still facing 12 o'clock (&1), R arm "brush hair" place in front of chest, contract chest in & out (&2)
- &3 &4 Step back on L, cross R over L, step back on L, R heel forward diagonal to R
- &5 &6 Step back on R, cross L over R, step back on R, point L toe forward diagonal to L
- 7,8 Shoulder bump

Cross Heel Jack, Cross Heel Jack Point R, Shoulder Bump, Sailor ¼ Turn R

- &1 &2 Step back on L, cross R over L, step back on L, R heel forward diagonal to R
- &3 &4 Step back on R, cross L over R, step back on R, L heel forward diagonal to L
- &5 &6 Step back on L, cross R over L, step back on L, point R toe diagonal to R, shoulder bump (facing 1/8)
- 7 & 8 Step R behind L, step L to side L turn a further 1/8, step R to R (3 o'clock)

Step, Cross Rock Step R, Cross Rock Turn ¼ L, Touch Unwind Full Turn R, Small Jump Kick Out L

- 1, 2 & 3 Step L forward, cross R over L, recover on L, step R to R
- 4 & 5 Cross L over R, recover on R, trun ¼ L step L forward
- 6, 7 Touch R behind L, on ball of L, unwind full turn R (weight remain on L)
- 8 Take a small jump on R & bend R knee, kick out L diagonal to R (both arms press down at the side)

Coaster ¼ Turn L, Kick Ball Point, Body Roll, Step L ¼ Turn L, Touch R Behind

- 1 & 2 Step back L, step R next to L, turn ¼ L step L forward
- 3 & 4 Kick forward R, step back R and point L forward
- & 5,6 Front body roll(&), sit back on R(5), swing head from L to R facing 12 o'clock, snap fingers (6)
- 7,8 Take a big step slide to L ¼ turn L, touch R behind L (12 o'clock)

¼ Turn R Lock Step Forward, Hitch Ball Step, Swivel Hip Twist ½ Turn L

- 1 & 2 Turn ¼ R, step R forward, step L behind R, step R forward
- 3& 4 Hitch L knee, step do wn L and step R forward
- 5 - 8 Weight on L, swivel R foot, twist hips ½ turn R (easy option: paddle 1/2 turn)

Step R To R, Touch Left Beside R, Kick Ball Touch Behind, Kick Ball Step ¼ Turn Left, Heel Split (Or Knee Pop)

- 1,2 Step R to R (R arm draw a circle from L to R, slap on R thigh), touch L beside R (L arm draw a circle from L to R simultaneously with R arm, L palm on top of R, bend L knee and close to R)
- 3 & 4 Kick L forward, step down on L, R leg straight and touch R toe back
- 5 & 6 Kick R forward, step down on R, turn ¼ L step L to L
- 7,8 Both heels split and back to centre (or knee pop)

½ Monterey R, Side Rock Cross, Full Turn L, Step R Forward, Step L Forward

- 1-2 Point R to R side, make 1/2 turn to R stepping R next to L.
- 3&4 Rock to L side on L, recover on R, cross step L over R.
- 5-6 Make ½ turn L stepping back on R, 1/2 turn to L stepping L next to R.
- 7, 8 Step big step forward on R, slide L towards R (R arm draw big circle from front to back), step L forward

B (48 counts)

Side Back Rock R & L, Walk About Making Full Turn R

- 1, 2 & Step R to R, rock L behind R, recover on R
- 3, 4 & Step L to L, rock R behind L, recover on L
- 5 - 8 Step R, L, R, L make a full turn R (12 o'clock)

Jumping Applejacks, Jumping "X"

- 1 Weight on L heel & R ball, turn L heel in, R toes out
- & Turn both feet back to center
- 2 Weight on R heel & L ball, turn R heel in, L toes out
- & Turn both feet back to center
- 3 Weight on L heel & R ball, turn L heel in, R toes out
- & Turn both feet back to center
- 4& *Repeat 3 &
- 5 Jump & both feet apart facing diagonal R
- & Jump & both feet back to center
- 6 Jump & both feet apart facing diagonal L
- & Jump & both feet back to center
- 7 Jump & both feet apart facing diagonal R & Jump both feet back to center
- 8& *Repeat 7 & (weight on L,)

Step Forward R, Step Forward L, Sailor ½ Turn R, Step Forward L, Turn 1/2 Turn L Step R Back, Sailor ½ Turn L

- 1, 2 R Step forward, L step forward
- 3 & 4 Step R behind L, turn ½ R step L to side, step R slightly forward
- 5, 6 Step L forward, turn ½ turn L step back on R
- 7 & 8 Step L behind R, turn ½ turn L step R to side, step L slightly forward

Out Out, Hip Bump Back, 3 Knee Pop, Step Back Touch L

- 1, 2 Step R to R, step L to L (6 o'clock)
- 3, 4 R arm hold fist straight up, bend both knees slightly and bump hip back twice
- 5 Pop R knee in, L remain straight (both palm facing down, cross and touch the knees)
- 6 Pop L knee in, R straight (both hands with palm facing down move from knees to waist, R to R waist, L to L waist)
- 7 Pop R knee in, L straight (L palm remain on L waist, R arm stretch up to the air)
- 8 Step down on R, touch L toe forward facing diagonal R (7.30)
- (both hands cross in front of body with palms facing down)**

Kick Ball Point, R Sailor ¼ Turn R, Ball Step R Forward, Step L Close To R, 2 Jumps Towards Diagonal R

- 1 & 2 Kick L diagonal forward, step down on L square off to 9 o'clock, point R out to R side
3 & 4 R step behind L, ¼ turn R step L to L, step R slightly forward
& 5,6 Step L beside R, ball step R forward towards diagonal R, step L next to R turn body facing diagonal L
7,8 Push hip to R, Jump on both feet twice towards R diagonal, body angling L (weight ends on R)

Arms movement: raise both arms parallel at shoulder level, fingers close, palms facing out, lean shoulder to R when jump to R diagonal)

BALL CROSS, HOLD, BALL CROSS, STEP L, R HIP BUMP

- & 1,2 Step back L, cross R foot over L, hold
& 3,4 Step back L, cross R foot over L, step L to L square off to 12 o'clock
5, 6 Raise both arms over head, L hand hold R wrist, touch R toe, lift up R hip and bump to R, hold
7,8 Remain same pose, bump hip to R twice

BEGIN AGAIN
