

Power surge

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Gerald Biggs (USA) - March 2010
音乐: Overload - Alfie Zappacosta : (CD: Dirty Dancing Soundtrack)



Start on Lyrics (I can hear your heels clicking)

CROSS, STEP, SYNCOPATED BEHIND SIDE CROSS, SIDE ROCK, RECOVER, SYNCOPATED BEHIND SIDE CROSS

1-2 Step Right over Left, Step Left to side
3&4 Step Right behind Left, Step Left to side, Step Right over Left
5-6 Rock Left to side, Recover on Right
7&8 Step Left behind Right, Step Right to side, Step Left over Right

STEP, Pivot ¼ TURN, CROSS SHUFFLE, STEP, Pivot ½ TURN, CHASSE LEFT

1-2 Step forward on Right, Pivot ¼ turn Left while shifting weight Left (9:00)
3&4 Cross Right over Left, Step Left to side, Cross Right over Left
5-6 Step forward on Left, Pivot ½ turn Right while stepping Right slightly forward (3:00)
7&8 Step Left to side, Step Right next to Left, Step Left to side

SIDE POINT, CROSS, ½ TURN TRIPLE STEP, UNWIND ½ TURN

1-2 Point Right toe to side, Step Right over Left
3-4 Point Left toe to side, Step Left over Right
5&6 Turning Triple step ½ turn clockwise stepping Right, Left, Right (9:00)
7-8 Step ball of Left foot over Right, Unwind ½ turn Right while shifting weight to the Left (3:00)

BIG STEP RIGHT, STEP LEFT TOGETHER, RIGHT COASTER STEP, BIG STEP LEFT, STEP RIGHT TOGETHER, LEFT COASTER STEP

1-2 Big step to Right, Step Left next to Right
3&4 Step back on Right, Step Left next to Right, Step forward on Right
5-6 Big step to Left, Step Right next to Left
7&8 Step back on Left, Step Right next to Left, Step forward on Left

TOE, HEEL THRUST TO RIGHT SIDE, RIGHT SIDE ROCK, RECOVER, ½ TURN SAILOR STEP

1-2 Touch Right toe to Right, Thrust Right heel down
3-4 Touch Left toe across Right foot, Thrust Left heel down
5-6 Rock to Right side on Right, Recover weight onto Left
7&8 Turning Sailor step ½ turn (clockwise) as follows, Step Right behind Left, Step Left to side, Step Right next to Left (9:00)

STEP, PIVOT TURN, ½ TURNING TRIPLE STEP, ROCK BACK, RECOVER, SYNCOPATED HEEL & TOE TOUCHES

1-2 Step forward on Left, Pivot ½ turn Right while stepping Right slightly forward (3:00)
3&4 Turn ½ turn clockwise while triple stepping, Left, Right, Left (9:00)
5-6 Rock back on Right, Recover forward onto Left
7&8 Touch Right heel forward, Touch Right toe next to Left foot, Touch Right toe to side

Start again