

Hypnotized

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Hypnotized - Tania Christopher



Count in – 32 counts- on vocals – optional styling in Italics

Side. Touch. Ball. Walk. Walk. Heel. Touch. Heel-touch-heel.

1-2& Step left to left. Touch right beside left. Step right beside left.
3-4 Walk forward left. Walk forward right.
5-6 Touch left heel forward. Touch left beside right.
7&8 Touch left heel forward. Touch left beside right. Step left forward. (Counts 5-8.....pop your shoulders)

Rock. Recover. Shuffle ½. Chasse left. Sailor ¼

1-2 Rock forward on right. Recover on left.
3&4 Shuffle ½ turn right.
5&6 Chasse left.
7&8 Cross step right behind left. Make ¼ right stepping left to side. Step right forward.

Rock. Recover. Ball. Touch behind. ¼. Step. Switch. Step. Switch. Step. Heel. Step. Touch.

1-2 Rock forward left. Recover on right.
&3-4 Step left beside right. Touch right behind. Make ¼ right keeping weight on left.
&5&6 Step right beside left. Touch left to left side. Step left beside right. Touch right to right side.
&7 Step right beside left. Touch left heel forward.
&8 Step left beside right. Touch right toes behind left.

Ball. Step. Hold. Ball. Step. Touch. Walk back x2. Coaster step.

&1-2 Step right beside left. Step left forward. Hold.
&3-4 Step right beside left. Step left forward. Touch right beside left.
5-6 Walk back right. Walk back left.
7&8 Step back right. Step back left. Step forward right.

Touch. ¼ turn. Rock. Recover. Kick. Ball. Touch. Kick. Ball. Point.

1-2 Touch left to left side. Make ¼ right keeping weight back on left. (Body roll)
3-4 Rock back on right. Recover on left.
5&6 Kick right forward. Step right beside left. Touch left beside right.
7&8 Kick left forward. Step left beside right. Touch right to right side.

Sailor step. Sailor ¼. Sailor step. Sailor ½.

1&2 Cross step right behind left. Step left to left side. Step right to right side.
3&4 Cross step left behind right. ¼ left stepping right to right side. Step left to left side.
5&6 Cross step right behind left. Step left to left side. Step right to right side.
7&8 ¼ left stepping left behind right. ¼ left stepping right to side. Step left forward. (sailor ½)

Rocks forward-back-forward. Shuffle ½. Coaster step. Shuffle ½

1-2-3 With body angled to left diagonal, step forward right and rock, forward-back-forward.(weight ends right)
4&5 Shuffle ½ turn right stepping left-right-left.
6&7 Step back right. Step back left. Step forward right.
8&1 Shuffle ½ turn right stepping left-right-left.

Hitch. ½. Rock. Recover. Step back. Touch. ½ right.

- 2-3 Hitch right. Make $\frac{1}{2}$ turn right stepping right forward.
4-5 Rock forward on left. Recover on right.
6-7 Step back left. Touch right behind.
8 Make $\frac{1}{2}$ turn right dropping weight onto right foot.

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