

One Bad Stud

拍数: 48 墙数: 1 级数: Phrased Intermediate
编舞者: Paul McAdam (UK) - May 2010
音乐: One Bad Stud - The Blasters : (Streets of Fire Soundtrack - 2:27)



Count in: 8 Counts from start of track on lyrics

(ORDER OF DANCE - AAB AA BBB AAB)

PART A

(1-8) SIDE ROCK KICK & X2, KICKS BEHIND SIDE CROSS

- 1&2& Rock left foot to left side, recover weight onto right foot, kick left foot across right foot, cross left foot over right
- 3&4& Rock right foot out to right side, recover weight onto left, kick right foot across left, cross right foot over left
- 5&6 Kick left foot low out to left side, hitch left knee in, kick left higher out to left side
- 7&8 Cross left foot behind right, step right foot to right side, cross left foot over right

(9-16) KICKS BEHIND SIDE CROSS, SIDE LEAN, FULL TURN RIGHT

- 1&2 Kick right foot low out to right side, hitch right knee in, kick right foot higher out to right side
- 3&4 Cross right foot behind left, step left foot to left side, cross right foot over left
- 5,6 Step left foot a big step out to left side whilst leaning left, swing right arm bent across body
- 7&8 Make a ¼ turn right and step forward on right, make a ½ turn right and step back on left, make a ¼ turn right and step right foot to right side

(17-24) JAZZ BOX ¼ TURN, STEP-LOCK-STEP, STEP ¼ CROSS

- 1,2,3,4 Cross left foot over right, step back on right, make a ¼ turn left and step forward on left, step forward on right
- 5&6 Step-lock-step L,R,L
- 7&8 Step forward on right, pivot ¼ turn left, cross right over left

PART B

(1-8) HOP SWINGS & SWITCHES TURNING

- 1&2 Hop on right foot 3 times whilst kicking left foot forward and swinging it out to left side
- &3&4 Step back on left, touch right toe to right side, step back on right foot, touch left toe out to left side
- 5&6 Make a ¼ turn right and as you cross left foot behind right Hop on left 3 times whilst kicking right forward and swing it out to right side
- &7&8 Step back on right foot, touch left toe to left side, step back on left foot, touch right toe to right side

(9-16) KICK & PUSH, BACK ½ TURN, KICK & PUSH, BACK ¼ TURN

- 1&2 Kick right foot forward, hitch right knee, step right foot back pushing bum back, dragging left heel slightly back (weight on right)
- 3&4 Step back on left foot, make a ½ turn right and step forward on right. Step forward on left foot
- 5&6 Kick right foot forward, hitch right knee, step right foot back pushing bum back, dragging left heel slightly back (weight on right)
- 7&8 Step left foot back, make a ¼ turn right and step right foot to right side, cross left foot over right

(17-24) JUMPS FORWARD & BACK, SIDE ROCK CROSS, FULL TURN

- &1 Jump forward right left out-out
- &2 Jump back right left out-out
- &3 Jump back right left out-out

&4 Jump back right left out-out
5&6 Right side, rock, cross
7,8 Make a ½ turn right and step back on left foot, make a ½ turn right and step forward on right

ORDER OF DANCE: AAB AA BBB AAB

START AGAIN
