

Smack Dab

拍数: 64 墙数: 2 级数: Phrased Intermediate
编舞者: Tajali Hall (CAN) - February 2012
音乐: Smack Dab In the Middle - Buster Poindexter



32 count intro - Sequence: A, B, A, B, A, B, B, B, B, B, A, B, B, B

PART A (32 counts)

Note: make part A as sharp as you can, you'll hear it in the music

OUT OUT, HOLD x2, IN IN, OUT OUT, HOLD x2, BALL CROSS

- &1 Step right to right side, step left to left side (feet shoulder-width apart)
- 2-3 Hold, hold
- &4&5 Step right in towards middle, step left next to right, step right to right side, step left to left side (feet shoulder-width apart)
- 6-7 Hold, hold
- &8 Step left next to right, cross right over left

1/2 TURN UNWIND, HOLD x2, BALL CROSS, BALL TOUCH, HOLD x2, BALL CROSS, BALL TOUCH

- 1 Unwind 1/2 turn left, ending with feet shoulder-width apart (6:00)
- 2-3 Hold, hold
- &4&5 Step left next to right, cross right over left, step left next to right, touch right toe to right diagonal
- 6-7 Hold, hold
- &8&1 Step right next to left, cross left over right, step right next to left, touch left toe to left diagonal

HOLD x2, BALL CROSS, 1/2 TURN UNWIND, HOLD x3

- 2-3 Hold, hold
- &4-5 Step left next to right, cross right over left, unwind 1/2 turn left, ending with feet shoulder-width apart (12:00)
- 6-7-8 Hold, hold, hold

BOUNCE HEELS x4, RIGHT SAILOR STEP, LEFT SAILOR STEP

- 1-2-3-4 Bounce both heels 4 times (keep your knees nice and loose, it's not meant to be a sharp pop)
- 5&6 Cross right behind left, step left to left side, step right to right side
- 7&8 Cross left behind right, step right to right side, step left to left side

PART B (32 counts)

FORWARD COASTER, BACK LOCK STEP, ROCK, RECOVER, KICK BALL STEP

- 1&2 Step forward on right, step left next to right, step back on right
- 3&4 Step back on left, lock right in front of left, step back on left
- 5-6 Rock back on right, recover weight to left
- 7&8 Low kick forward with right, step right next to left, step forward on left

1/2 TURN PIVOT, STEP FORWARD, 1/2 TURN, 1/4 TURN, DRAG, BALL CROSS, 1/4 TURN

- 1-2 Step forward on right, pivot 1/2 turn left transferring weight to left foot (6:00)
- 3-4 Step forward on right, 1/2 turn right stepping back on left (12:00)
- 5-6 1/4 turn right stepping right to right side, dragging left foot in towards right (3:00)
- &7-8 Step left next to right, cross right over left, 1/4 turn right stepping back on left (6:00)

1/2 TURN TRIPLE, 1/2 TURN TRIPLE, ROCK, RECOVER, 1/2 TURN PIVOT

- 1&2 1/2 turn right tripling forward right, left, right (12:00)
- 3&4 1/2 turn right tripling back left, right, left (6:00)

- 5-6 Rock back on right, recover weight to left
7-8 Step forward on right, pivot 1/2 turn left transferring weight to left foot (12:00)

1/4 TURN KICK BALL STEP, 1/4 TURN KICK BALL STEP, KICK BALL STEP, SHORTY GEORGES/KNEE ROLLS

- 1&2 Low kick forward with right starting to make 1/4 turn left, step right next to left, step forward on left finishing turn (9:00)
3&4 Low kick forward with right starting to make 1/4 turn left, step right next to left, step forward on left finishing turn (6:00)

Note: Make these turns as wide arcs instead of tight and sharp, so that at the end of counts 1-4 you've made a gradual 1/2 turn in a half circle

- 5& Low kick forward with right, step right next to left
6-7-8 Roll both knees to left rolling weight onto outside edge of left foot, roll both knees to right rolling weight onto outside edge of right foot, roll both knees to left rolling weight onto outside edge of left foot

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