

Hot Mess

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Anne Herd (AUS) - October 2011
音乐: Hot Mess - Chromeo : (Album: Business Casual - iTunes)



Start dancing on lyrics

Side Rock, Behind & Cross, Side Rock, Behind & Cross

1-2 Rock R to R side, Replace weight on L
3&4 Step R behind L, Step L to L side, Cross R over L
5-6 Rock L to L side, Replace weight on R
7&8 Step L behind R, Step R to R side, Step forward on L

Kick & Touch Twice, Pivot ¼, Pivot ¼.

1&2 Kick R forward, Touch R together, Touch L to Side
3&4 Kick L Forward, Touch L Together, Touch L to Side
5-6 Step R Forward Pivot ¼ L
7-8 Step R Forward Pivot ¼ L

Cross Shuffle, ½ Cross Shuffle, Rock

1&2 Cross Shuffle R over L Stepping R L R
3-4 Step L Back, Turn ½ R, Step R to Side
5&6 Cross Shuffle L over R Stepping L R L
7-8 Rock R to Side, Replace L

Right Sailor, Left Sailor, ½ Unwind, Coaster

1&2 Cross R Behind L, Step L to Side, Step R to Side
3&4 Cross L Behind R, Step R to Side, Step L top Side
5-6 Unwind ½ R by Crossing R Behind L
7&8 Step Back on L, Step R Together, Step L Forward.

Hip Bumps, Double Hip Bumps, Rock Back Step Drag, Touch

1-2-3&4 Bump hips R L Double hip bumps R L R (weight to R)
5-6 Rock back on R, Replace L
7-8 Step R to Side whilst dragging L Towards R, Touch L Beside R

Hips Bumps, Double Hip Bumps, Rock Back Step Drag, Touch

1-2-3&4 Hip bump L R Double hip bumps, L R L (weight to L)
5-6 Rock Back on L, Replace R
7-8 Step L to Side whilst dragging R towards L, Touch R Beside L

Rock ½ Shuffle, Rock/Replace, Coaster

1-2 Rock Forward on R, Recover L
3&4 Turn ½ R, Shuffle Forward Stepping RLR
(Optional: Full triple turn stepping RLR)
5-6 Rock Forward on L, Recover R
7&8 Step Back on L, bring R Together, Step Forward on L

Step Touch, & Step Touch. Rock Replace. Step ¼, Touch

1-2& Step Forward on R, Touch L Beside R, Step Onto L
3-4 Step Forward on R, Touch L Beside R
5-6 Rock Forward onto L, Recover R
7-8 Turning ¼ L, Step L to Side Touch R beside L.

- Restart on wall 2 after count 32
- Restart on Wall 5 after count 48

Ending: To end the dance, replace counts 28-32 with $\frac{1}{4}$ R Sailor to the front

Contact: Email: anneherd@bigpond.com - Mobile: 0428693501
