

Time Bomb

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Craig Bennett (UK) - June 2012
音乐: Timebomb - Kylie Minogue : (CD single)



[1-8] Side, Behind, Rock, Behind, Side Shuffle forward

1,2 Step right to right side, Step left behind right
3,4 Rock right to right side, recover back onto left
5,6 Step right behind left, Step left to left side
7&8 Step right foot forward, Step left next to right, Step right foot forward

[9-16] Step ½, ½, ¼, Left sailor step, Right sailor step

1,2 Step forward onto left, Make a ½ turn right keeping weight on right
3,4 Make ½ turn left taking weight onto left, Make ¼ turn left stepping right to right side
5&6 Left sailor step
7&8 Right sailor step

[17-24] Hold, Hold, And bump and bump, Behind 1/4, Left shuffle forward

1,2 Hold, Hold,
&3&4 Bump hips to right, Back to left, Bump hips to right and back to left
&5,6 Take weight back to right, Step left behind right, Make ¼ turn right stepping forward onto right
7&8 Step left forward, Step right next to left, Step forward onto left

[25-32] Step ½, Rock recover, Walk left, Right, Left shuffle forward

1,2 Step forward onto right, Make ½ turn left
3,4 Rock back onto left, Recover forward onto right
5,6 Walk forward left, Walk forward right
7&8 Step forward onto left, Step right next to left, Step forward onto left

[33-40] Kick and point, Behind side, Cross hold, Side behind side

1&2 Kick right foot forward, Step right next to left, Point left to left side
3,4 Step left behind right, Step right to right side
5,6 Cross left over right, Hold
&7,8 Step right to right side, Cross left behind right, Step right to right side

[41-48] Cross Rock and Cross rock, Shuffle ¼, Step ½ turn

1,2 Cross rock left over right, Recover back onto right
&3,4 Step left to left side, Cross rock right over left, Recover back onto left
5&6 Make ¼ turn right stepping forward onto right, Step left next to right, Step right forward
7,8 Step forward onto left, Make ½ turn right

[49-56] Step ½, ½ shuffle turn, Rock recover, Coaster step

1,2 Step forward onto left, Make ½ turn left stepping back onto right
3&4 Make ½ turn left stepping forward onto left, Step right next to left, Step left forward
5,6 Rock forward onto right, Recover back onto left
7&8 Step back onto right, Step left next to right, Step right forward

[57-64] Heel and cross, Rock recover, Behind ¼, Shuffle forward

1&2 Place left heel forward, Step left next to right, Cross right over left
3,4 Rock left to left side, Recover onto right
5,6 Step left behind right, Make ¼ turn right stepping forward onto right
7&8 Step forward onto left, Step right next to left, Step forward onto left

Restart: Wall 2 after 32 counts

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