

It Hurts A Bunch

拍数: 32 墙数: 2
编舞者: Helena Davies (UK) - June 2013
音乐: Liquid Lunch - Caro Emerald

级数: Easy Intermediate



(a.k.a. Liquid Lunch)

Intro: 32 counts after heavy drum beat

S1:

1-2 Walk fwd L-R
3&4& Rock-step L fwd, Recover On R, Rock-step L to L side, Recover on R
5&6 L sailor 1/4 turn L (9)
7-8 Step R behind L, Touch L to L side

S2:

1&2 Step L behind R, Step R back into 1/4 turn R, Step L fwd (12)
3-4 Step R to R side and sway R, Sway L
5-6 Step R out and fwd to R corner, Step L out and fwd to L corner
7-8 Step R in and back, Step L beside R

optional:

on counts 5-6 touch R&L hands to forehead

on counts 7-8 touch R&L hands to tummy

S3:

1&2 Step R back, Lock-step L over R, Step R back
&3-4 Jump back L-R, Clap
5-6 Cross-step L over R, Step R back into 1/4 turn L (9)
&7&8 Step L back, Cross-step R over L, Step L to L side, Cross R over L

S4:

1-2 Step L back into 1/4 turn R, Step R to R side into 1/4 turn R (3)
3&4 Cross-step L over R, Step R to R side, Cross-step L over R
5-6 Step R 1/8 turn R, Step L 1/8 turn R (6)
7&8 Rock/Stomp R to R side, Recover on L, Rock/Stomp R to R side

optional: Shake R shoulder & head to R when stomping

TAGS - 2:

After 3rd Rotation - facing back wall - do the following Charleston steps

1-4 Step L fwd, Kick R fwd, Step R back, Touch L back
5-8 Step L fwd, Kick R fwd, Step R back, Touch L back - and restart dance

After 6th Rotation - facing front wall:

Repeat 1-8 Charleston steps - and Restart dance again

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