

Screws Up

拍数: 48 墙数: 2 级数: Intermediate
编舞者: Séverine Fillion (FR) - April 2013
音乐: He's Gonna Change - Katie Armiger : (Album: Fall Into Me)



Intro : 16 counts

[1-8] HEEL SWITCH, SHUFFLE FWD, HEEL SWITCH, SHUFFLE FWD

1&2& Right heel fwd, recover on right, left heel fwd, recover on left
3&4 Shuffle right left right fwd
5&6& Left heel fwd, recover on left, right heel fwd, recover on right
7&8 Shuffle left right left fwd

[9-16] KICK BALL STEP, HEEL TWIST 1/4 TURN, SAILOR STEP, BEHIND SIDE CROSS

1&2 Kick right fwd, right next to left, left step fwd
3&4 Swivel both heels to the left, right, left ¼ turning right (ending weight on left) 3 :00
5&6 Right cross behind left, left to left, right to right
7&8 Left cross behind right, right to right, left cross over right

[17-24] STEP 1/2 TURN, TRIPLE FULL TURN, 1/4 TURN & HEEL TWIST, BEHIND SIDE CROSS

1-2 Right step fwd, ½ turn left 9 :00
3&4 Triple step right left right fwd full turning left
5 ¼ turn right stepping left to left with swivel both heels to the left 12 :00
6 Recover both heels to the center (ending weight on right)
7&8 Left cross behind right, right to right, left cross over right (body turned diagonally right)

[25-32] SCUFF HITCH SIDE STOMP, HEEL TOE TWIST, ROCK BACK & KICK BALL CROSS, UNWIND

1&2 Scuff right, Hitch right, Stomp right to right (body turned diagonally right) 1 :30
3&4 Swivel : both heels to the right, both toes to the right, both heels to the right
5& Rock back on left, recover on right (body turned diagonally left) 11 :30
6&7 Kick left diagonally left fwd, left ball next to right, right cross over left
8 Unwind full turn left (ending weight on left) 12 :00

[33-40] STOMP R X 2, STOMP L, HEEL TWIST, STOMP R X 2, STOMP L, HEEL TWIST

&1 Stomp right fwd, Stomp right diagonally right fwd
2 Stomp left diagonally left fwd
&3 Swivel right heel inside, recover right heel in center
&4 Swivel left heel inside, recover left heel in center
5-8 Same steps as 1-4

* Restart here on wall 2 at 6 :00

[41-48] STOMP R X 2, HITCH (+ SLAP), COASTER STEP, STEP 1/2 TURN, BUMPS

&1 Stomp right fwd, Stomp right diagonally right fwd
&2 Hitch left + Slap left hand on left thigh downward, slap left hand on left thigh upward
3&4 Left step back, right next to left, left step fwd
5-6 Right step fwd, ½ turn left (weight on left) 6 :00
7-8 Touch right next to left with hip bump to the right twice (Keep weight on left)

RESTART : On 2th wall at 6:00, after 40 counts (don't dance the 8 latest counts)

TAG : At the end of wall 5 at 12 :00 : Add this 4 counts : Heel switch, Stomp, Stomp

1&2& Right heel fwd, recover on right, left heel fwd, recover on left
3-4 Stomp right fwd, Stomp left next to right

FINAL : On counts 15&16 of wall 7 : Left cross behind right, ¼ turn right stepping right fwd, Stomp left fwd, Stomp right fwd. Then you finish facing!

Enjoy !!

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