

Stuck In My Head

拍数: 64 墙数: 4 级数: Improver
编舞者: Malene Jakobsen (DK) - February 2014
音乐: Sleepwalking - Lissie : (Album: Back To Forever - iTunes)



Intro: 32 counts from when the beat kicks in, 29 seconds into track, dance begins with weight on L

[1-8] Chasse, shuffle 1/4 , weave

1&2 (1) Step R to R, (&) step L next to R, (2) step R to R 12.00
3&4 (3) Turn 1/4 L stepping L to L, (&) step R next to L, (4) step L to L 9.00
5-6-7-8 (5) Cross R over L, (6) step L to L, (7) cross R behind L, (8) step L to L 9.00

[9-16] Fwd., touch behind, back, 1/4, fwd. touch, back, hook

1-2-3-4 (1) Step fwd. on R, (2) touch L behind R, (3) step back on L, (4) turn 1/4 R stepping fwd. on R 12.00
5-6-7-8 (5) Step fwd. on L, (6) touch R behind L, (6) step back on R, (6) hook L across R 12.00

[17-24] L Shuffle, rocking chair, pivot 1/4

1&2 (1) Step fwd. on L, (&) step R next to L, (2) step fwd. on L 12.00
3-4-5-6 (3) Rock fwd. on R, (4) recover onto L, (5) rock back on R, (6) recover onto L 12.00
7-8 (7) Step fwd. on R, (8) turn 1/4 L 9.00

[25-32] R Shuffle, rocking chair, pivot 1/4

1&2 (1) Step fwd. on R, (&) step L next to R, (2) step fwd. on R 9.00
3-4-5-6 (3) Rock fwd. on L, (4) recover onto R, (5) rock back on L, (6) recover onto R 9.00
7-8 (7) Step fwd. on L, (8) turn 1/4 R 12.00

[33-40] Step, kick, back, touch, step, kick, back, touch

1-2-3-4 (1) Step fwd. on L, (2) kick R fwd., (3) step back on R, (4) touch L slightly back 12.00
5-6-7-8 (5) Step fwd. on L, (6) kick R fwd., (7) step back on R, (8) touch L slightly back 12.00

[41-48] Shuffle 1/4, behind, side, cross, side, back rock

1&2 (1) Turn 1/4 R stepping L to L, (&) step R next to L, (2) step L to L 3.00
3-4-5-6 (3) Cross R behind L, (4) step L to L, (5) cross R over L, (6) step L to L 3.00
7-8 (7) Rock back on R, (8) recover onto L 3.00

[49-56] Vine with cross, chasse, back rock

1-2-3-4 (1) Step R to R, (2) cross L behind R, (3) step R to R, (4) cross L over R 3.00
5&6 (5) Step R to R, (&) step L next to R, (6) step R to R 3.00
7-8 (7) Rock back on L, (8) recover onto R 3.00

[57-64] Point, hitch, point, touch, kick ball cross, side, drag

1-2 (1) Point L to L, (2) hitch L across R 3.00
3&4 (3) Point L to L, (4) touch L next to R 3.00
5&6 (5) Kick L diagonally L, (&) step L next to R (6) cross R over L 3.00
7-8 (7) Step L to L, (8) drag R towards L (not all the way to L) 3.00

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