

Just A Little Mad

COPPER KNOB
STEPSHEETS

拍数: 24 墙数: 4 级数: Beginner
编舞者: Tina Foster (USA) - March 2014
音乐: Mad - Anthony Hamilton



I choreographed this dance to do as a floor split for I'm Mad by Brenda Shatto

WALK R- L, SHUFFLE FORWARD R, ROCK FORWARD L, RECOVER R, L COASTER STEP

1-2 Walk forward Right, then Left
3&4 Shuffle forward Right, Left, Right
5-6 Rock Forward with Left, recover on Right
7&8 Left Coaster Step (step back with Left, step Right together, step forward with Left)

SIDE ROCK R, R CROSSING SHUFFLE, SIDE ROCK L, L CROSSING SHUFFLE

1-2 Rock Right out to the side, recover on Left
3&4 Right crossing shuffle (Cross Right over Left, step Left to side, cross Right over Left)
5-6 Rock Left out to the side, recover on Right
7&8 Left crossing shuffle (Cross Left over Right, step Right to side, cross Left over Right)

STEP R TO SIDE, STEP L BEHIND R, ¼ TURN R SHUFFLE FORWARD R, ROCK RECOVER, L COASTER STEP

1-2 Step Right to side, step Left behind Right
3&4 ¼ turn to the right and shuffle forward (right, left, right)
5-6 Rock Forward with Left, recover on Right
7&8 Left Coaster Step (step back with Left, step Right together, step forward with Left)

Enjoy!!

Note: The music has a great break in the music. This will happen every 3rd time you dance the dance (walls 3,6,9...etc).

Instead of the last 4 counts (Left Rock recover Coaster Step), you can step to the Left and Roll your hips around counter clockwise.

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