

Delirious

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Lawrence Allen (USA) - October 2014
音樂: Delirious (Boneless) (feat. Kid Ink) - Steve Aoki, Chris Lake & Tujamo : (Album: Neon Future I)



#48 Count Intro; Start on Lyrics "Hey, you got me...."

Syncopated Weave, Touch Behind, 3/4 L Turn, 1/4 L Shuffle Turn

1-2&- Step R To R Side, Step L Behind R, Step R To R Side
3&4- Cross L Over R, Step R To R Side, Touch L Diagonally Behind R
5-6- Make 1/4 L Turn Stepping L Forward (9:00), Make 1/2 L Turn Stepping R Back (3:00)
7&8- Make 1/4 L Turn Stepping L To L Side (12:00), Step R Beside L, Step L To L Side

Cross Rock-Recover, 1/4 R Shuffle Turn, L Rock-Recover, L Coaster

1-2- Cross Rock R Over L, Recover Back On L
3&4- Make 1/4 R Turn Stepping R Forward (3:00), Step L Beside R, Step R Forward
5-6- Rock L Forward, Recover Back On R
7&8- Step L Back, Step R Beside L, Step L Forward

R Rock Forward, L Recover Back, Ball Change, 1/2 R Pivot, Walk, 1/2 L Turn, 1/2 L Shuffle Turn

1- Rock R Forward
2&3- Recover Back On L, Step R Back Beside L, Step L Forward
4- Make 1/2 Pivot R Turn Taking Weight Forward On R (9:00)
5-6- Step L Forward, Make 1/2 L Turn Stepping R Back (3:00)
7&8- Make 1/4 L Turn Stepping L To Side, Step R Beside L, Make 1/4 L Turn Stepping L Forward (9:00)

Hop Forward-Out-Out, Hold, Hop Back-In-In, Hold, Hop Back-Out-Out, Ball Cross, 3/4 R Unwind

&1-2- Hop Forward Stepping R Diagonally Forward And Stepping L Diagonally Forward, Hold 2
&3-4- Hop Back Stepping R In And Stepping L Beside R, Hold Count 4
&5- Hop Back Stepping R Diagonally Back And Stepping L Diagonally Back
&6- Hop R In, Cross L Over R
7-8- Make 3/4 R Unwinding Turn While Bounding On Balls Of Both Feet (6:00)

(Will End With Weight Back On L With R Crossed Over L With Knee Slightly Popped)

Walk R, Walk L, 1/4 L Rock-Recover-Cross Turn, 1/2 R Turn, L Crossing Shuffle

1-2- Walk Forward R, Walk Forward L
3&4- Make 1/4 L Turn Rocking R To R Side (3:00), Recover Weight Back To L, Cross R Over L
5-6- Make 1/4 R Turn Stepping L Back (6:00), Make 1/4 R Turn Stepping R To R Side (9:00)
7&8- Cross L Over R, Step R To R Side, Cross L Over R

Step-Drag, Ball Cross, 3/4 R Turn, Full L Turn

1-2- Take A Big Step With R To R Side, Drag L To R
&3- Step L Beside Right, Cross R Over L
4- Make 1/4 R Turn Stepping L Back (12:00)
5-6- Make 1/2 R Turn Stepping R Forward (6:00), Step L Forward
7-8- Make 1/2 L Turn Stepping R Back (12:00), Make 1/2 L Turn Stepping L Forward (6:00)

Forward Rock-Recover, Side Rock-Recover, R Sailor, Behind-Side-Cross

1-2- Rock R Forward, Recover Back On L
3-4- Rock R To R Side, Recover Back On L
5&6- Step R Behind L, Step L To L Side, Step R To R Side

7&8- Step L Behind R, Step R To R Side, Cross L Over R

Roll Hips R, Roll Hips L, Counter Clock Wise Hip Roll, Push Hips R, Push Hips L

1-2- Step R To R Side As You Roll Hips From L To R Ending With L Knee Popped

3-4- Step L To L Side As You Roll Hips From R To L Ending With R Knee Popped

5-6- Roll Hips Counter Clock Wise While Keeping Feet Shoulder Length Apart With Weight Always On L

7-8- Push Hips To R Transferring Weight To R, Push Hips L Transferring Weight To L

Repeat Dance And Enjoy! Thanks!!!

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