

Battle Scars

拍數: 64 牆數: 2 級數: Advanced
編舞者: Simon Ward (AUS) - January 2015
音樂: Battle Scars - Lupe Fiasco & Guy Sebastian : (CD: Food & Liquor II: The Great American Rap Album Pt 1)



Approx 14 secs intro - start on word 'Scars'

Section 1: Cross, Side Rock Cross Back, 1/2 Turn, Step, Back, Back, Back/Sweep

- 1 Cross left over right.
- 2 & 3 Rock right to right side. Recover onto left. Cross right over left.
- 4 & 5 Step left back. Turn 1/2 right stepping right forward. Step left forward. (6:00)
- 6 & 7 Step right back slightly. Step left back. Step right back slightly sweeping left back.

Section 2: Weave, Rock 1/8 Turn Step, Step, Pivot 1/2, Full Turn With Hitch

- 8 & 1 Cross left behind right. Step right slightly to side. Cross left over right.
- 2 & 3 Rock right to side. Recover onto left turning 1/8 left. Step right forward. (4:30)
- 4 Step left forward.
- 5 – 6 Step right forward and begin pivot 1/2 left (hold count). Complete 1/2 pivot left. (10:30)
- 7 & Turn 1/2 left stepping right back. Turn 1/2 left stepping left slightly forward.
- 8 Step right forward, hitching left knee and slightly forward. (10:30)

Section 3: Step, Forward Mambo, Behind, 1/4 Turn, Left Basic, 1/4 Turn, Step Pivot 3/4

- 1 Step left forward. (10:30)
- 2 & 3 Rock forward on right. Rock back on left. Step right back dragging left back.
- 4 & Cross left behind right turning 1/8 right. Step right 1/4 turn right. (3:00)
- 5 – 6 & Step left to side. Cross rock right behind left. Recover onto left.
- 7 Turn 1/4 right stepping right forward. (6:00)
- 8 & Step left forward. Pivot 3/4 turn right. (3:00)

Section 4: Rock 1/4, 1/4 Rock, 1/4, 1/4 Right Basic, 1/4, Full Turn

- 1 – 2 Rock left to left side (large step). Recover onto right turning 1/4 right. (6:00)
- 3 Turn 1/4 right rocking left to left side (large step). (9:00)
- 4 Recover onto right turning 1/4 right. (12:00)
- 5 – 6 & Turn 1/4 right stepping left to side. Cross rock right behind left. Recover onto left.
- 7 Turn 1/4 right stepping right forward (hold count). (6:00)
- 8 & Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. (6:00)

Section 5: 1/2 With Sweep, Weave, Lunge, 1/4, Full Turn

- 1 Turn 1/2 right stepping left back and sweeping right to back. (12:00)
- 2 & 3 Cross right behind left. Step left to side. Cross right over left sweeping left forward.
- 4 Cross left over right.
- 5 Lunge right forward on right diagonal (right knee bent, right arm forward). (1:30)
- 6 Recover onto left turning 1/4 right. (4:30)
- 7 & 8 Full turn right stepping: right 1/4 forward, left 1/2 back, right 1/4 side. (4:30)

Section 6: Back Rock Side, Back Rock 1/4, Step Pivot 1/2, Step, Spiral Full Turn

- 1 & 2 Rock left behind right. Recover onto right. Step left large step to side. (4:30)
- 3 & 4 Rock right behind left. Recover onto left. Turn 1/4 right stepping right forward. (7:30)
- 5 & 6 Step left forward. Pivot 1/2 turn right. Step left forward. (1:30)
- 7 Step right forward and make full spiral turn left on ball of right.
- 8 Complete full turn by stepping left forward. (1:30)

Section 7: Step/Extended Arm, Back x 3, Scissor 1/8, 1/4, 1/4, Cross

- 1 Step right forward, right arm extended and slightly down (palm facing up).
- 2 Hold, continuing to slowly extend right arm up (eyes follow hand). (1:30)
- 3 & 4 Step left back. Step right slightly back. Step left slightly back (lower right arm).
- 5 & Step right to side and slightly back. Step left beside right turning 1/8 right. (3:00)
- 6 Cross right over left.
- 7 & Turn 1/4 right stepping left back. Turn 1/4 right stepping right to side. (9:00)
- 8 Cross left over right. Cross Right

Section 8: Right Basic, Left Basic, 1/4, Step Pivot 1/2, Walk Walk

- 1 – 2 & Step right to side. Rock left behind right. Recover onto right.
- 3 – 4 & Step left to side. Rock right behind left. Recover onto left.
- 5 – 6 & Turn 1/4 right stepping right forward. Step left forward. Pivot 1/2 turn right. (6:00)
- 7 – 8 Walk forward left. Walk forward right.

Ending Turn 1/2 right stepping left back, hands go down by sides.
