

Smack Dab

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Michael Diven (USA) - February 2015
音樂: Smack Dab - Chasin' Crazy



Intro: 24 counts, start dancing on the lyrics

S1: ROCK, RECOVER, SYNCOPATED WEAVE, ROCK, RECOVER, SYNCOPATED WEAVE ¼ TURN

1-2 Rock right foot out to right side, recover weight back to left foot
3&4 Step right foot behind left foot, step left foot to left side, step right foot across left foot
5-6 Rock left foot to left side, recover weight back to right foot
7&8 Step left foot behind right foot, pivot ¼ turn right stepping right foot forward, step forward on left foot

S2: ROCK, RECOVER, STEP, TOUCH, STEP, TOUCH, STEP, STEP, STEP, ½ TURN

1-2 Rock forward on right foot, recover weight back on left foot
&3 Step back on right foot, touch left toe forward
&4 Step left foot next to right foot, touch right toe forward
&5 Step right foot next to left, step forward on left foot
6 Step forward on right foot
7-8 Step forward on left foot, pivot ½ turn right (weight is on right foot)

Restart here on wall 3 and wall 7.

NOTE: □

When Restarting on wall 3, keep weight back on left foot after ½ turn pivot to Restart dance

When Restarting on wall 7, there are 2 extra counts, take an extra step forward on left foot and hold 1 count then Restart dance.

S3: STEP, LOCK, LOCKING SHUFFLE, ROCK, RECOVER, COASTER STEP

1-2 Step forward on left foot, lock right foot behind left foot
3&4 Step forward on left foot, lock right foot behind left foot, step left foot forward
5-6 Rock forward on right foot, recover weight back to left foot
7&8 Step right foot back, step left foot next to right, step right foot slightly forward

S4: STEP, ¼ TURN, CROSSING SHUFFLE, ¼ TURN X 4

1-2 Step forward on left foot, pivot ¼ turn right
3&4 Cross step left over right foot, step right foot to right side, cross step left over right foot
5 Pivot ¼ turn left stepping back on right foot
6 Pivot ¼ turn left stepping forward on left foot
7 Pivot ¼ turn left stepping right foot to right side
8 Pivot ¼ turn left stepping left foot to left side

S5: CROSS ROCK, RECOVER, CROSS ROCK, RECOVER, CROSS STEP, FULL UNWIND

1-2 Cross rock right over left, recover weight back to left foot
& Step right foot next to left
3-4 Cross rock left over right, recover weight back to right foot
& Step left foot next to right
5 Cross step right over left
6-8 Full unwind (weight ends up on left foot)

S6: CROSS ROCK, RECOVER, CROSS ROCK, RECOVER, CROSS STEP, ¾ UNWIND

1-2 Cross rock right over left, recover weight back to left foot
& Step right foot next to left
3-4 Cross rock left over right, recover weight back to right foot

& Step left foot next to right
5 Cross step right over left
6-8 3/4 unwind (weight ends up on left foot)

REPEAT

RESTART: Restart after count 16 of wall 3 & wall 7

This step sheet is provided by Dare 2 Dance Productions.

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