

Bitter End

拍數: 80 牆數: 0 級數: Phrased Advanced - smooth
編舞者: Guyton Mundy (USA) & Fred Whitehouse (IRE) - September 2015
音樂: Bitter End - Rag'n'Bone Man



Pattern of dance ABC, ABC, CC, modified C, B

A Pattern

A[1-8] □ Step with sweep, cross side back, behind side cross, side with reach, arm hits, sway, 1/4

- 1-2&3 step forward on right as you sweep left in front, cross left over right, step diagonally back to right on right, step back on left as you sweep right around
- 4&a step right behind left, step left to left side, cross right over left
- 5&a6 step left to left side as you reach right arm across body to left and look to left, bring right hand into chest as you look down, reach up with open right hand as you look up, bring right hand back into chest as you bring head back to neutral
- 7-8 sway to the left, make a 1/4 turn to the right as you step forward on right foot.

A[9-16] □ 1/2, 1/2 with sweep, cross ,back, 1/4, cross, side with knee pops, arm cross, reach, pull pull

- &1 make a 1/2 turn over the right stepping back on left, make a 1/2 turn over the right stepping forward on right as sweep the right foot forward (Do not over sweep as you are coming back to the left in the next counts)
- 2&3 cross left over right, step back on right as you start a 1/4 turn to the left, finish the 1/4 turn to the left by stepping left to left side
- &4& cross right over left, step left to left side as you pop both knees up slightly while pulsing hands up and out slightly (come up on the balls of your feet when popping knees), straighten knees as you put heels back down and push hands down slightly
- 5&6 reach right arm out and across body to the left, reach left arm out and across body to the right (left over right hands open, finger extended), pull arms back as you turn hands over and make a fist with both hands
- 7-8& reach up with both hands... open palms, pull right hand down while closing fist, pull left hand down while closing fist

A[17-24] Side, diagonal rock back, recover, rock, recover, back, back, 1/4 with look, 1/4 with look, 1/4 with drop, back, back as you raise up

- 1-2& step right to right, rock diagonally back to right on left, recover on right
- 3&4& rock forward on left, recover on right, step back on left, step back on right
- 5-6 make a 1/4 turn to your left stepping left to left side as you look to the left, recover back on right as you look forward,
- 7&8 make a 1/4 turn to the left as you drag right foot into left (keeping weight on left) as you collapse down into body, step back on right, step back on left as you start to come up from your collapse

A[25-32] 1/4 side basic, 1/4 coaster, 1/2 chase turn, rock recover

- 1-2&3 make a 1/4 turn to the right as you step right to right side, step left behind right, step together with right, step left to left side
- 4&5 step right behind left, step together with left, make a 1/4 turn to right as you step forward on right
- 6&7 step forward on left, make a 1/2 turn to right stepping down on right, step forward on left
- 8& Rock forward on right, recover on left

B Pattern

B[1-8] □ Rock/recover, full turn, walk, walk, rock/recover with arm styling, back, back together

- 1-2-3 rock back on right shaping body open to right, recover on left, step forward on right as you make a full turnover left

4&5 walk forward left, right, rock forward on left as you extend arms out forward
6-7 recover on right as you pull hands into chest, walk back on left
8& step right behind left, step together with left as you drop hands from chest

B[9-16] □ Side, coaster into rock, recover, 1/2, 1/2, walks back X 3

1-2&3 step right to right, step back on left, step together with right, rock forward on left
4&5 recover on right, make a 1/2 turn to left stepping forward on left, make a 1/2 turn to right stepping back on right as you extend right arm forward and pull back into you
6-7-8 walk back on left as you extend left arm forward and pull back into you, walk back on right as you extend right arm forward and pull back into you, step back on left as the right arm come into chest.

B[17-24] Side, behind together 1/4, 1/2, 1/2, 1 & 3/4 turn, sweep, behind, side

1-2&3 step right to right, step left behind right, step together with left, make a 1/4 turn to left stepping forward on left
4& make a 1/2 turn to left stepping back on right, make a 1/2 turn to left stepping forward on left (try to keep your momentum going through the turn as you will start you 1 3/4 turn right after your step down on count &.
5-6 make a 1 & 3/4 turn to the left on your left foot. If you can't do the 1 & 3/4 just do a 3/4 but it will be a slower turn
7 step together with the right as you sweep the left foot around behind
8& step left behind right, step right to right side

B[25-32] Cross rock/recover, side, cross rock/recover, side, out with hand styling

1-2&3 cross rock left over right, recover on right, step left to left side, cross rock right over left
&4& recover on left, step right to right side as you reach right hand up with palm open, step left out as your left hand grabs right wrist
5-6-7-8 bring hands back down as you close right hand.

C Pattern

C[1-8] □ NC basic X2 with 1/4, 7/8 turn, walk backs X 3

1-2&3 step right to right, step left behind right, step together with right, step left to left,
4&5 step right behind left, step together with left, make a 1/4 turn to right stepping forward on right
6&7 step forward on left, make a 1/2 turn to right stepping down on right, make a 3/8 turn to right stepping back on left (you will be on the right diagonal from where you just started this pattern of the dance)
&8& walk back right, left, right

C[9-16] Rock back with body drop, recover, walks X2, 5/8 turn, behind together

1-2 rock back on left as you bend left knee, keeping right leg straight and collapse body into self while bringing arms in to either side while closing fist
3 recover back on to right as you raise back up
4-5 walk forward left, right,
(This will be your modified C section. As you walk forward on 4 square up to back wall and then touch right next to left on count & and then Restart the B section)
6&7 cross left over right, make a 3/8 turn over left as you step back on right, make a 1/4 turn to left as you step left to left side
8& step right behind left, step together with left

Hope you have fun.

Guyton & Fred
