

Get Reckless

拍數: 32 牆數: 4 級數: Improver
編舞者: Christopher Petre (USA) - November 2015
音樂: Reckless - Nashville Drive : (iTunes, amazon)



[1-8] □ Walk R, Walk L, Out-Out-In-In, Walk R, Walk L, Out-Out-In-Touch L to L Side

- 1,2 Walk forward on the right foot and then the left foot
&3&4 Step the right foot to the right side, step the left foot to the left side, step the right □ foot in (under the body), step left foot next to the right foot (weight's on left foot)
5,6 Walk forward on the right foot and then the left foot
&7&8 Step the right foot to the right side, step the left foot to the left side, step the right □ foot in (under the body), TOUCH left toe out to the left side (weight's on right!)

[9-16] □ L Cross, R Back, 1/2 L Shuffle, Step R and Touch L Heel forward, Hold, Step L and Touch R Heel forward, Hold

- 1,2 Cross step left foot over the right, step back on the right foot (feels like a jazz box!)
3&4 Turning 1/4 Left step left foot to left side, step together on the right, turning 1/4 Left to the back stepping forward on the left foot (now facing 6:00 wall)
&5,6 Stepping to the right side on the right foot, touch left heel forward, hold for count 6 (clap is optional)
&7,8 Stepping to the left side on the left foot, touch right heel forward, hold for count 8 (clap is optional)

*** Restart here, on the 4th wall of the dance (starting at 9:00) ***

(Dance also ends here facing front wall. Big finish - step R to R side raising arms. TA-DAH!)

[17-24] □ Step R, Cross L, Side R, L Behind-R to R Side-L Heel Touch, Step L, Cross R, Side L, R Behind-L to L Side-R Heel Touch

- &1,2 Step in place on right foot, cross step left foot in front of right, step right foot to right side
3&4 Step left foot behind right foot, step right foot to right side, touch left heel forward
&5,6 Step in place on left foot, cross step right foot in front of left, step left foot to left side
7&8 Step right foot behind left foot, step left foot to left side, touch right heel forward

[25-32] □ Step R, Cross L, Side R, 1/4L Coaster Step, Bumps hips R & R, Bump hips L & L

- &1,2 Step in place on right foot, cross step left foot in front of right, step right foot to right side
3&4 Turn 1/4 Left stepping back on left foot, step right next to left, step left forward
5&6 Step forward on the right foot as you bump hips R-L-R, weight ending on right
7&8 Step forward on the left foot as you bump hips L-R-L, weight ending on left

Repeat

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