

Wreck It All

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Magali Bérenger (FR) - October 2015
音樂: That Girl - Jennifer Nettles : (Album: That girl)



Intro: the dance starts on lyrics

SECTION 1 : R Mambo fwd, back lock step, R rock right & cross, triple 3/8 turn

1 & 2 Rock fwd onto RF, recover onto LF, RF back
3 & 4 Step Back LF, Lock RF across LF, Step Back Right.
5 & 6 Rock RF to right side, recover onto LF, cross RF over LF
7 & 8 3/8 turn right stepping LF to left side, RF next LF, LF fwd (you are now facing the 4:30 diagonal)

SECTION 2: Rocking chair, R lock step, L step pivot 1/2 step, full turn (all sct is in the 4:30 diagonal)

1 & 2 & Rock fwd onto RF, recover onto LF, rock back onto RF, recover onto LF
3 & 4 Step fwd RF, Lock LF behind, step fwd Right
5 & 6 Step fwd LF, pivot 1/2 turn on right, step fwd LF
7 & 8 1/2 turn left stepping RF back, 1/2 turn left stepping LF fwd devant, step RF next LF

SECTION 3: Cross L,ball R, recover on L,cross R, ball L,recover on R,right chassé , rock back & touch

1 & 2 Cross LF over RF (recovering here the 9:00 wall), RF on right side, ball on LF
&3 & 4 Cross RF over LF, LF on left side, ball on RF, cross LF over RF
5 & 6 Right chassé to the right side
7 & 8 Rock back LF, recover onto RF, touch LF next RF

SECTION 4: L 1/4 turn,L 1/2 turn, L shuffle fwd, step pivot 1/2 turn, L 1/2 turn, L 1/4 turn,cross

1-2 Step LF 1/4 turn left , step RF back 1/2 turn left
3&4 1/2 turn left with a shuffle LRL
5-6 Step RF fwd, pivot 1/2 turn left
7&8 1/2 turn left stepping RF back, 1/4 turn left LF on left side, cross RF over LF

SECTION 5: L rock, recover,cross &cross & cross, R coaster step, Step lock, R Hitch&pivot 1/2 turn

1&2& Rock left onto LF, recover onto RF, cross LF over RF, step RF on right side
3&4 Cross LF over RF, step RF on right side, cross LF over RF
5&6 Right coaster step
7&8& Step LF fwd, lock RF behind, step LF fwd, Hitch right knee and 1/2 pivot turn LF on left

SECTION 6: R Step Lock step, L Hitch,touch & touch, L step lock step, R hitch, rock & touch

1&2& slightly in right diagonal: Step RF fwd, lock LF behind RF, step RF fwd, hitch left knee,
3&4& step LF on left side ,touch RF next LF, step RF on right side, touch LF next RF
5&6& slightly in left diagonal: Step LF fwd, lock RF behind LF, step LF fwd, hitch right knee,
7&8 Rock back onto RF, recover on LF, step right RF next LF

TAG:At the end of 1st wall and at the end of 3rd wall

1-2 Long step RF fwd, drag LF
3-4 Long step LF back, drag RF