

Makes You Bitter

拍數: 32 牆數: 4 級數: Intermediate NC2S
編舞者: Malene Jakobsen (DK) - December 2015
音樂: Bitter - Patrick Dorgan : (Album: Painkillers - iTunes)



Tag: There is a 4 count Tag after wall 5, you will be facing 9.00

Intro: 16 counts from the beginning, 15 sec. into track - dance begins with weight on R

[1-9] Back, touch, kick ball, chase turn, 1/2, 1/4 basic, 1/4, 1/2, 1/4, together

- &1 (&) Step back on L, (1) touch R next to L bending knees slightly and "slouch" fwd. closing fists in front of you making it dramatic 12.00
- 2& (2) Low kick R fwd. as you straighten L leg (bring fists down), (&) step slightly fwd. on R 12.00
- 3&4 (3) Step fwd. on L, (&) turn 1/2 R, (4) step fwd. on L 6.00
- & (&) Turn 1/2 L stepping back on R 12.00
- 5-6& (5) Turn 1/4 L stepping L to L, (6) rock back on R, (&) recover onto L
- Optional: as you step L to L bring both hands up, one in front of the other palms facing outwards, in front of your eyes and pull them apart (he sings "love can make you blind") 9.00**
- 7-8 (7) Turn 1/4 L stepping back on R, (8) turn 1/2 L stepping fwd. on L 12.00
- &1 (&) Turn 1/4 L stepping R to R, (1) step L next to L 9.00

[10-17] Cross shuffle, 1/4, 1/4 with point and look, 1/2, R twinkle, L twinkle, step with pencil 1/2

- 2&3 (2) Cross R over L, (&) step L to L, (3) cross R over L 9.00
- &4-5 (&) Turn 1/4 R stepping back on L, (4) turn 1/4 R stepping R to R pointing L to L and looking back over your right shoulder prepping to turn L, (5) recover onto L and sweep R foot 1/2 L 9.00
- 6&7 (6) Cross R over L, (&) rock L to L, (7) recover onto R 9.00
- &8& (&) Cross L over R, (8) rock R to L, (&) step L to L 9.00
- 1 (1) Step fwd. on R and make 1/2 pencil turn R (turning on ball of R keeping L toes pointed towards and close to the floor 3.00

[18-24] Lock step, side rock, hitch, side, back rock, 1/4, pivot 1/4, cross

- 2&3 (2) Step fwd. on L, (&) lock R behind L, (3) step fwd. on R 3.00
- &4& (4) Rock R to R (slightly on the R diagonal), (&) recover onto L, (&) hitch R knee slightly across L 3.00
- 5-6& (5) Step R to R, (6) rock back on L, (&) recover onto R 3.00
- 7&8& (7) Turn 1/4 L stepping fwd. on L, (&) step fwd. on R, (8) turn 1/4 L, (&) cross R over L 9.00

[25-32] 1/4, 1/2, pivot 1/4, cross, 1/4, 1/4, fwd. rock, step back, ball, 1/2, recover

- 1-2 (1) Turn 1/4 R stepping back on L, (2) turn 1/2 R stepping fwd. on R 6.00
- &3& (&) Step fwd. on L, (3) turn 1/4 R, (&) cross L over R 9.00
- 4&5 (4) Turn 1/4 L stepping back on R, (&) turn 1/4 L stepping fwd. on L, (5) rock fwd. on R 3.00
- 6& (6) Recover onto L, (&) step back on R 3.00
- 7 (7) Rock back on ball of L and make 1/2 L keeping weight on L foot 9.00
- 8 (8) Recover onto R, 9.00

TAG: Back rock, ball, fwd. rock

- 1-2 (1) Rock back on R, (2) recover onto L
- &3-4 (&) Step R next to L, (3) rock fwd. on L, (4) recover on to R

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