

Payback

拍數: 32 牆數: 4 級數: Improver
編舞者: Donna M. Ruane - August 2014
音樂: Payback - Rascal Flatts : (Album: Rewind)



Start dance on lyrics (16 counts in). CCW rotation

NOTE: Restart wall 3, 16 count tag (12:00).

(1-8) RIGHT AND LEFT HIP BUMPS, RIGHT AND LEFT SAILORS.

- 1&2& Touch right toe forward on right diagonal and bump hip forward, bump back, bump forward, lower right heel.
3&4& Touch left toe forward on left diagonal and bump hip forward, bump back, bump forward, lower left heel.
5&6 Step right behind left, step left to left side, step right to right side.
7&8 Step left behind right, step right to right side, step left to left side.

(9-16) RIGHT ROCKING CHAIR, STEP FORWARD TURN ¼, CROSS, SIDE, BEHIND, SWEEPING ¼ TURN COASTER, STOMP RIGHT AND CLAP.

- 1&2& Rock forward right, recover left, rock back right, recover left.
3-4 Step forward right turn left ¼, shifting weight left (9:00).
5&6& Cross right over left, step left to left side, cross right behind left, sweep left and turn left ¼ (6:00).
7&8& Step back left, step right next to left, step forward left, stomp right next to left and clap.

(17-24) TOES-HEELS SWIVEL, CHEST POPS RIGHT AND LEFT, RIGHT FORWARD ROCK, SIDE ROCK, BACK ROCK, STEP FORWARD, TURN ¼, LEFT FOOT SLIDE.

- 1& Swivels toes right, swivel heels center.
2&3& Hold 2 counts (pop chest out on right diagonal, contract, pop chest out on left diagonal, contract).
4&5&6& Rock forward right, recover left. Rock right to right side, recover left, rock back right, recover left.
7-8 Step forward right, turn left ¼ and slide/touch left next to right (3:00).

(25-32) LEFT HEEL HOOK, STEP, SLIDE/TOUCH RIGHT, RIGHT DIAGONAL SHUFFLE, 2 HALF TURNS, JAZZ BOX.

- 1&2& Touch left heel forward on left diagonal, hook left in front of right, step left on left diagonal, slide/touch right next to left.
3&4 Step right on right diagonal, slide left next to right, step right.
5&6& Step forward left foot, turn right ½ (weight to right), step forward left, turn right ½ (shift weight to right) (3:00).
7&8& Cross left over right, step back right, step left to left side, touch right next to left.

Repeat.

ENDING: Wall 8, dance through counts 3&4& (right and left hip bumps).

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