

Tangled Up

拍數: 64 牆數: 4 級數: Advanced
編舞者: Rob Fowler (ES) - February 2016
音樂: Tangled - Thomas Rhett : (CD: Tangled Up)



Count in 24 (approx. 12 secs) – bpm: 116 – 3m 33s

SEC 1: □R SAILOR, L BEHIND, FULL UNWIND, R SIDE ROCK/RECOVER, R CROSS SHUFFLE

1&2 Cross step R behind L, step L to L side, step R to R side
3,4 Cross step L behind R, unwind full turn L (keep weight on L)
5,6 Rock R to R side, recover weight on L
7&8 Cross step R over L, step L to L side, cross step R over L (12 o'clock)

SEC 2: □L DIAGONAL ROCK/RECOVER, L BEHIND, SIDE R, CROSS L, UP/DOWN HIP BUMPS, BALL CROSS

1,2 Rock diagonally fwd L on L, recover weight on R
3&4 Cross step L behind R, step R to R side, cross step L over R
5,6,7 Step R to R side and bump R hip up, bump R hip down, bump R hip up (weight on R)
&8 Step L next to R, cross step R over L (12 o'clock)

SEC 3: □BACK L, SIDE R, CROSS L, R HITCH & KICKS, DIAGONAL BACK R, DIAGONAL BACK L, R COASTER

1,2,3 Step back L, step R to R side, cross step L over R towards diagonal (1 o'clock)
&4 Hitch R and kick foot out to R side, kick foot back in towards L
5,6 Staying on diagonal step back R, step back L
7&8 Step back R, step L next to R, step fwd R (1 o'clock)

SEC 4: □DIAGONALLY FWD L, DIAGONALLY FWD R, L MAMBO 3/8 TURN L, R KICK & POINT, L KICK & POINT

1,2 Staying on diagonal step fwd L, step fwd R (1 o'clock)
3&4 Rock fwd L, recover weight on R, make a 3/8 turn L stepping fwd L (to straighten up to 9 o'clock)
5&6 Kick R fwd, step R next to L, point L to L side
7&8 Kick L fwd, step L next to R, point R to R side (9 o'clock)

** □TAG HERE DURING WALL 2 THEN RESTART (facing 6 o'clock)

SEC 5: □R SAILOR, L SAILOR, R ROCK/RECOVER, 1½ TURNS R

1&2 Cross step R behind L, step L to L side, step R to R side
3&4 Cross step L behind R, step R to R side, step L to L side
5,6 Rock fwd R, recover weight on L
7&8 Make ½ turn R stepping fwd R, make another ½ turn R stepping back L, make another ½ turn R stepping fwd R (3 o'clock)

SEC 6: □L ROCK/RECOVER, STEP L, R HEEL, HOLD, STEP R, L ROCK/RECOVER, ¼ TURN SHUFFLE L

1,2 Rock fwd L, recover weight on R
&3,4 Step L next to R, touch R heel fwd, hold
&5,6 Step R next to L, rock fwd L, recover weight on R
7&8 Make ½ turn L stepping fwd L, step R next to L, make ¼ turn L stepping fwd L (6 o'clock)

SEC 7: □LONG STEP SIDE R, HOLD, BALL CROSS, SIDE L, R BEHIND, FULL UNWIND, L SIDE ROCK/RECOVER

1,2 Long step R to R side, hold

- &3,4 Step L next to R, cross step R over L, step L to L side
5,6 Cross step R behind L, unwind full turn R (keep weight on R)
7,8 Rock L to L side, recover weight on R (6 o'clock)

SEC 8: □L HEEL JACK, R HEEL JACK, STEP R, CROSS L, SIDE R, L BEHIND, ¼ TURN R, STEP FWD L

- 1&2& Cross step L over R, step R to R side, touch L heel diagonally fwd L, step L next to R
3&4& Cross step R over L, step L to L side, touch R heel diagonally fwd R, step R next to L
5,6 Cross step L over R, step R to R side
7&8 Cross step L behind R, make ¼ turn R stepping fwd R, step fwd L (9 o'clock)

START AGAIN

****TAG :□During Wall 2, dance up to and including Section 4, count 8, add the following Tag, then RESTART (facing 6 o'clock)**

SEC 1: □R JAZZ BOX, ROLLING VINE R

- 1-4 Cross step R over L, step back L, step R to R side, step L next to R
5-8 Make ¼ turn R stepping fwd R, make a ½ turn R stepping back L, make ¼ turn R stepping R to R side, touch L next to R and clap

SEC 2: □ROLLING VINE L, ROLLING VINE R

- 1-4 Make ¼ turn L stepping fwd L, make a ½ turn L stepping back R, make ¼ turn L stepping L to L side, touch R next to L and clap
5-8 Make ¼ turn R stepping fwd R, make a ½ turn R stepping back L, make ¼ turn R stepping R to R side, step L next to R and clap

SEC 3: □BUMP HIPS R, BUMP HIPS L

- 1,2 Bump hips R, bump hips
-