

Bad for You

拍數: 40 牆數: 2 級數: Improver
編舞者: Laurie Schlekeway-Burkhardt (USA) - March 2016
音樂: Bad For You - Waterloo Revival



Start 16 counts in when the singing begins

A[1-8]: Walk forward, Kick, Walk Back, Toe Touch

- 1-4 Walking at a slight diagonal to the 1 o'clock, walk forward right (1), left (2), kick right foot forward twice (3, 4)
5-8 Walk backwards right (5), left (6), right (7), touch left toe back (8)

B[1-8]: Cross steps, Monterey ¼ turn

- 1-4 Cross left foot over right (1), touch right toe out to right side (2), cross right foot over left (3), touch left toe out to left side (4)
5-8 Step left foot over right (5), making a ¼ turn to the left, step back on right foot (6), step left foot out to left side (7), angle slightly to your left and touch right toe in front (8) (you are now technically facing 9 o'clock, but your body should be to 5 o'clock)

C[1-8]: Hip Sways, Triple Full Turn

- 1-4 Sway right hips forward in a sexy manner for 4 counts (your body will be angled)
5&6 Move forward and make a ½ turn to your right while doing triple steps - step right (5), step left (&), step right (6) (you should now be facing 12 o'clock)
7&8 Step left (7), right (&), step back on left (8) (you should now be facing 3 o'clock)

D[1-8]: Triple ½ Turn, Step ¼ Turn, Cross Triple Step, Kick Ball Cross

- 1&2 Making ½ turn to your right, step right (1), step left (&), step right (2) (you should now be facing 9 o'clock)
3-4 Step left forward and pivot to the right (3), step down on your right (4) (you should now be facing the front wall again)
5&6 Shuffle left foot in front of right – cross left foot over right (5), step right in place (&), cross left foot over right (6)
7&8 Kick right foot forward (7), step right foot in place (&), cross left foot over right (8)

E[1-8]: Toe/Heel Kicks, ½ Turn

- 1&2&3&4& Kick right foot out to right side (1), step right foot back in center (&), kick left foot out to left side (2), step left foot back in center (&), kick right foot forward (3), step left foot back in center (&), kick left foot forward (4), step left foot back in center (&)
5-8 Kick right toe back (5), step right foot back in center (&), kick left heel forward (6), step left back to center (&), kick right foot back and swivel hitch yourself in a half turn to the back wall (7), once facing back wall, hitch right knee up (8)

Then dance will start over with the walks.

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