

Big Trouble

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Johanna Barnes (USA) - October 2016
音樂: Big Trouble - Outasight



(16 count intro)

(Clock notation begins on your start wall as 12:00. Each phrase will carry a new 12:00 start wall, ¼ right of the previous phrase.)

[1~8]: □ BACK, HITCH, COASTER STEP, WALKS, ½ TURN R, STEP

- 1, 2 R step back (1); hitch left knee (2)
- 3 & 4 L step back (3); R step back next to left (&); L step forward (4)
- 5, 6 R step forward (5); L step forward (6)
- 7, 8 ½ turn right onto R [6:00] (7); step forward onto L (8)

Styling: Try raising your right arm, with a fist pump, with the left hitch and lean back toward your left slightly (count 2).

[9~16]: □ SIDE, HEEL SWIVELS, SIDE BALL-STEP, KICK-BALL-PLACE, HIP-SCOOP

- 1 R step to right side, leaving weight centered (1)
- & 2 & 3 L heel swivels in (&); return onto L (2); R heel swivels in (&); return onto R (3)
- & 4 L step next to R (&); R step to right side (4)
- 5 & 6 L low forward kick (5); L step slightly back, staying open toward left (&); pulse R in place (6)
- 7 - 8 bending at the knees, 'scoop' hips down and up, finishing with weight on L (7-8)

Variation suggestions : Heel swivels can be modified to go outward versus inward, or replaced with step touches.

The hip scoop can be replaced by just a pulse or push forward with the hips.

[&17~24]: LUNGE, BACK HEEL-HITCH, BACK, ¼ R WITH KNEE HITCH, SIDE-BEHIND, SIDE HEEL-JACK, HOLD

- 1, 2 partial lunge forward onto R (styling: cross hands low in front) (1); straighten R knee while hitching L heel up (toward bum (styling: bring hands out and up to sides with finger snaps) (2)
- 3, 4 step back on L (3); making a ¼ turn right, hitch R knee [9:00] (4)
- 5, 6&7, 8 R step to right side (5); L step behind R (6); R step to right side (&); present L heel to left side (7); hold (8)

Styling suggestion: Make that first 'lunge' a bit of a swoop forward with your shoulders.

[&25~32]: □ TOGETHER, ¼ L SMALL HEEL SWITCHES X2, OPEN STEP BACK X2

- &1 & 2 L step next to R (&); present R heel forward (1); while making a small turn left, return R next to L (&); finish making a ¼ turn left [6:00] presenting L heel forward (2)
- & 3 & 4 L step next to R (&); present R heel forward (3); while making a small turn left, return R next to L (&); finish making a ¼ turn left [3:00] presenting L heel forward (4);
- & L step next to R (&);
- 5 - 6 take a big open step back onto R (5); L slight hitch/kick forward (6) *see arm styling
- 7 - 8 take a big open step back onto L (7); R slight hitch/kick forward (8) *see arm styling

Styling suggestion: Counts 5 – 8 are designed to be a bit 'gangsta' and hip-hop styling 'throw-aways.' You add in a knee bend, or grounded bounce, with the step back, and with the opposite arm, push out from the weighted shoulder out to the side. These can be simplified to back step touches.

R steps back, L arm comes in to R shoulder, then pushes out to left side as you finish weighting onto your R, then L steps back, R arm comes in to L shoulder, then pushes out to right side as you finish weighting onto your L.

RESTARTS: Occur on wall 4 after the first 8 counts and wall 9 after the first 16 counts.

(BEGIN AGAIN, and most certainly DWYF!)

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This step description is intended to be a guideline. Dance demos and visual references may be found on the DanceWhatYouFeel YouTube channel. <http://www.youtube.com/user/DanceWhatYouFeel>

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