

Starving

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Bracken Heidenreich (USA) - January 2017
音樂: Starving (feat. Zedd) - Hailee Steinfeld & Grey : (iTunes)



Intro: 16 counts

*Tag after wall 1; Restart after 16 counts on wall 5

[1-8] TURN, SIDE, SIDE, CROSS, BACK, FORWARD, HOLD, LOCK STEP, STEP LOCK

*The dance ends on the diagonal, so to start the dance, please face 10:30.

- 1,2 Turn 5/8 right and step on ball of right foot (raise up) [3:00]; Step to left side on ball of left foot (stay up and let body naturally rotate another 1/8 to right)
- 3&4 Step right to right side (down to neutral level); Step left across (in front of) right; Step right slightly back
- 5,6 Step left forward (angle body to face 4:30); Hold
- 7&8& (These counts travel toward 3:00. Angle body comfortably.) Lock step right behind left; Step left forward; Step right forward; Lock step left behind right

[9-16] WALK, FORWARD ROCK, BACK HALF, FORWARD, TURN, HEEL DOWN DOWN, TURN DOWN, HITCH

- 1,2,3 Step right forward; Rock left forward; Recover to right
- &4 Small step left back; Turn half right and step right forward [9:00]
- 5,6 Step left forward; Keeping feet in place, turn half right slightly raising right heel [3:00]
- &7&8 Lower right heel while slightly raising left heel; Lower left heel while slightly raising right heel; Turn half left and lower right heel while slightly raising left heel putting weight on right [9:00]; Lower left heel

*For the Restart on wall 5, transfer weight to left when lowering left heel, then Restart.

- & Hitch left leg while contracting core

[17-24] PASS, BALL STEP, FORWARD, QUARTER, TOUCH, QUARTER SWAY, SWAY, TRIPLE SIDE LEFT

- 1 Pass left foot smoothly to back
- &2 Step ball of left back; Step right forward
- 3&4 Step left forward; Turn quarter left and step right back [facing 6:00]; Touch left forward
- 5,6 Turn quarter right and step left to left side swaying hips left [facing 9:00]; Sway hips right transferring weight to right
- 7&8 Step left to left side; Close right next to left; Step left to left side

[25-32] CROSS ROCK, SIDE, CROSS, SIDE, SAILOR 5/8, QUARTER PUSH, QUARTER

- 1&2 Cross rock right over left; Recover to left in place; Step right to right side
- 3,4 Step left across right; Step right to right side
- 5&6 Turn quarter left and step left back; Turn quarter left and step right in place; Turn 1/8 left and step left forward to diagonal [1:30]
- 7,8 Turn quarter left and step right to right side pushing hip to right [facing 10:30], Turn quarter left and step left in place [7:30]

START OVER

TAG: after wall 1

- 1,2 Turn quarter left and step right to right side [facing 4:30], Touch left next to right and snap fingers
- 3,4 Turn quarter left and step left forward [facing 1:30]; Touch right next to left and snap fingers
- 5,6 Turn quarter left and step right to right side [facing 10:30], Touch left next to right and snap fingers

7,8 Turn quarter left and step left forward [facing 7:30]; Touch right next to left and snap fingers

Contact: brackenNCV@gmail.com
