

Dy Na Mite

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - March 2017
音樂: Dynamite (feat. Pretty Sister) - Nause : (Single)



#16 Count Intro. Approx 10 seconds - Track approx 3 mins 15 secs BPM 104

Track available from [iTunes.co.uk](https://www.itunes.co.uk)

S1: Walk R, L, Step Out R, Step Out L, Ball Cross, Press, Behind Side Cross & Cross.

1,2 Walk forward R, L.
&3&4 Step out R, step out L, close R beside L, cross L over R.
5,6 Press R to R diagonal, recover weight to L.
7&8 Cross step R behind L, step L to L side, cross R over L.
&1 Step L to L side, cross R over L. □ (12 o'clock).

S2: Rock ¼ Turn R, ¼ Turn R Ball Cross, ½ Turn L Crossing Shuffle, ½ Turn R Sweep.

2,3 Rock L to L side, make a ¼ turn R (weight on R).
&4 Make a ¼ turn R on ball of R then step on L, cross R over L. (facing 6 o'clock).
5&6 On ball of R make a ½ turn L and cross L over R, step R to R side, cross L over R.
7,8 Step down on R making a ½ turn R, sweep L to beside R. (6 o'clock).

S3: Ball Side Cross, Box ¾ Turn L, Touch Ball Cross, Side.

&1,2 Step down on L, step R to R side, cross L over R.
3-5 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping forward on L, make a ¼ turn L stepping R to R side.
6&7 Touch L beside R, step L to L side, cross R over L.
8 Step L to L side. □ (9 o'clock).

S4: R Sailor Side, L Sailor ¼ Turn L, Reverse Full Turn R, Sailor Side.

1&2 Cross step R behind L, step L to L side, step R to R side.
3&4 Cross step L behind R, make a ¼ turn L stepping back on R, step forward on L. (weight on L).
5,6 Turning back make a full turn R stepping forward on R, stepping back on L.
7&8 Cross step R behind L, step L to L side, step R to R side. □ (6 o'clock).

*Restart During Wall 2 - Begin again facing 12 o'clock

*Restart During Wall 4 - Begin again facing 12 o'clock

S5: Skate L, R, Chasse L, Skate R, L, Chasse R.

1,2 Skate L in place, skate R in place.
3&4 Step L to L side, close R beside L, step L to L side.
5,6 Skate R in place, skate L in place.
7&8 Step R to R side, close L beside R, step R to R side. (6 o'clock).

S6: Cross Back, Side Cross Point, Bump Hips Anticlockwise.

1,2 Cross L over R, step back on R.
&3,4 Step L to L side, cross R over L, point L to L side.
5-8 Rotating hips anticlockwise bump L, bump back, bump R side, bump L side (or whatever feels natural).

(Weight ends on L). (6 o'clock).

S7: Ball Cross Point, Behind Side Cross, ¾ Turn L, Coaster Step.

&1,2 Step R beside L, cross L over R, point R to R side.
3&4 Cross step R behind L, step L to L side, cross R over L.

5,6 Make a ¼ turn L stepping forward on L, make a ½ turn L stepping back on R.
7&8 Step back on L, close R beside L, step forward on L. (9 o'clock).

S8: Step Reverse ½ Turn R, Sailor ¼ Turn R, Cross Back, Hip Bumps L,R,L.

1,2 Step forward on R, make a reverse ½ turn R stepping back on L.
3&4 Making a ¼ turn R step R behind L, step L to L side, step R to R side.
5,6 Cross L over R, step back on R.
7&8 Step L to L side bumping hips L, R, L. □ (6 o'clock).

Begin Again

Taglet: During Restarts on walls 2 and 4, add an & count stepping L beside R, then begin again.

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