

State of My Head

拍數: 40 牆數: 4 級數: Novice
編舞者: Kerly Luige (EST) - February 2017
音樂: State of My Head - Shinedown : (Album: Threat to Survival)



Start with the lyrics „It's been a long bumpy ride“

S1: Side, pause, weave, side-rock-cross, rock-step-1/2 turn

1, 2 Step a long step to right with R, pause
3&4 Step L behind R, step R to right side, step L across R
5&6 Rock R to right side, recover weight on L, cross R over L
7&8 Rock L forward, recover weight on R, step L forward making a 1/2 turn to left (ending at 6 o'clock)

S2: Rock-step-1/2 turn, pivot-turn 1/2 –step, side rocks right-left-right, weave

1&2 Rock R forward, recover weight on L, step R forward making a 1/2 turn to right
3&4 Step L forward, make a 1/2 turn transferring your weight to R foot, step L forward (ending at 6 o'clock)
5&6 Rock R to right side, rock L to left side, rock R to right side
7&8 Step L behind R, step R to right side, step L across R

Option: it is recommended that your body and especially your shoulders move along with the rock-steps during counts 5&6

S3: Touch-step, touch-step, out, out, sailor-turn 3/4

1, 2 Touch right ball of foot to right forward diagonal, step down on R
3, 4 Touch left ball of foot to left forward diagonal, step down on L
5, 6 Step R to right forward diagonal, step L to left forward diagonal
7&8 Step R back turning 1/4 to right, step L to left side turning 1/2 right, step R to right side (ending at 3 o'clock)

NB! Please use your hips as well during counts 1-6!

S4: Dorothy-step, Dorothy-step, rock-step-1/2 turn, triple-step full turn

1, 2& Step L forward to left forward diagonal, step together with R, step L forward to left forward diagonal
3, 4& Step R forward to right forward diagonal, step together with L, step R forward to right forward diagonal
5&6 Rock L forward, recover weight on R, step L forward turning 1/2 to left
7&8 Step R back turning 1/2 to left, step together with L, step R forward turning 1/2 to left (ending at 9 o'clock)

S5: Touch-step, touch-step, behind-cross-shuffle, unwind full turn

1, 2 Touch left ball of foot to left forward diagonal, step down on L
3, 4 Touch right ball of foot to right forward diagonal, step down on R
5&6& Step L behind R, step R to right side, step L across R, step R to right side
7, 8 Step L across R, unwind full turn to right (weight stays on left)

NB! Please use your hips as well during counts 1-4!