

Bad Bad News

拍數: 32 牆數: 4 級數: Improver
編舞者: Laura Bartolomei (FR) - April 2018
音樂: Bad Bad News - Leon Bridges



[1 – 8] 2x Walks, Mambo, Slide, Ball step, Cross shuffle ¼

1 – 2 Step R forward, Step L forward 12:00
3&4 Rock R forward, Recover on L, Big step R backwards 12:00
5&6 Drag L, Step L on ball together with R, Step R forward 12:00
7&8 Turn ¼ L crossing L over R, Step R to R, Cross L over R 03:00

[9 – 16] Rockstep, Cross shuffle, Touch Twist Step, Weave

1 – 2 Rock R to R, Recover 03:00
3&4 Cross R over L, Step L to L, Cross R over L 03:00
5&6 Touch L to L, Twist L heel out, Twist L heel in stepping down on L 03:00
7&8 Cross R behind L, Step L to L, Cross R over L 03:00

[17 – 24] 2x Hip bumps, Weave, 2x Hip bumps, Weave

1 – 2 Touch L in L front diagonal bumping L hip, Bump L hip 03:00
3&4 Cross L behind R, Step R to R, Cross L over R 03:00
5 – 6 Touch R in R front diagonal bumping R hip, Bump R hip 03:00
7&8 Cross R behind L, Step L to L, Cross R over L 03:00

[25 – 32] Rockstep ¼ with heel, 2x Swivel back, CoasterStep, Sweep ¼ , Hitch

1 – 2 Rock L to L, Turn ¼ L grinding L heel 06:00
3 – 4 Step L in L back diagonal, Step R in R back diagonal 06:00
5&6 Step L back, Step R together with L, Step L forward 06:00
7 – 8 Sweep R from back to front making ¼ turn L, Hitch R 09:00

Start again

Restart: In 6th wall : in section from 9 – 16, 12:00

After count 7&, Cross R behind L, Step L to L

Change count 8 to Touch R together with L

Tag: In 8th wall : in section from 9 – 16 12:00

After count 8, Cross R over L 12:00

1234 Unwind turn over L keeping weight on R
5678 Big step R to R, Drag L towards R for 2 counts, Step L together with R
1234 Hold for 2 counts, Shimmy shoulders for 2 counts

Start again!