

Bad 4 Us

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Phillip M. Vaughan (USA) - April 2018
音樂: Bad 4 Us - Superfruit : (Album: Future Friends - iTunes/major mp3 websites - 3:47)



Tags: Tag 1 after Wall 4, Tag 2 after Wall 10

Intro: 16 beats from start, weight on L before vocals. ~ 112 bpm

[01 – 08] Press recover switch (x2), twinkle, twinkle w/ ¼ left turn, cross

1 2 & Press R slightly diagonal to front right (1), recover L (2), step R next to L (&) 12:00
3 4 & Press L slight diagonal to front left (3), recover R (4), step L next to R (&) 12:00
5 & 6 Cross R over L (5), step L to left (&), step R back slightly back (6)
& 7 & 8 Cross L over R (&), step R to right (7), ¼ turn left step L to left (&), cross R over L (8) 9:00

-- Alternatively --

5 6 Step R forward swaying hips right turning ¼ left (5), step L to left swaying hips left (6) 9:00
7 & 8 Step R behind L (7), step L to left (&), cross R over L (8) 9:00

[09 - 16] Nightclub basics (x2), side touch side hitch/flick, L shuffle forward

1 2 & Step L to left (1), close R slightly behind L (2), cross L over R (&) 9:00
3 4 & Step R to right (3), close L slightly behind R (4), cross R over L (&), 9:00
5 & 6 & Step L to left (5), touch R next to L (&), step R to right (6) turn ¼ left hitching/flicking L (6) 6:00
7 & 8 Step L fwd (7), step R behind L (&), step L fwd (8) 6:00

[17 - 24] Step pivot, full turn L step, hip rolls (x3), hitch/flick

1 2 Step R fwd (1), pivot ½ turn left shifting weight to L (2) 12:00
3 & 4 Turn ½ left stepping R back (3), turn ½ left stepping L fwd (&), step R fwd (4) 12:00
* No turn option: walk R forward (3), walk L forward (&) *
5 6 Step L to left rolling hips forward from R to L (5), roll hips backwards from L to R (6) 12:00
7 8 Roll hips forward from R to L (7), hitch/flick R (8) 12:00 * 5-7: Can sway instead of rolling hips *

[25 - 32] Side rock recover switch (x2), ¼ turn right step, pivot step forward

1 2 & Rock R to right (1), recover on L (2), step R next to L (&) 12:00
3 4 & Rock L to left (1), recover on R (2), step L next to R (&) 12:00
5 6 Turn ¼ right stepping R fwd (5), step L fwd (6) 3:00
7 8 Pivot ½ turn right shifting weight to R (7), step L forward (8) 9:00

Begin again!

Tag 1 [01 - 08] Side touch, turning side touches (x2), turn side step touch/hitch

1 2 Step R to right (1), touch L to R (2)
3 4 Turn ¼ left stepping L to left (3), touch R to L (4)
5 6 Turn ¼ left stepping R to right (5), touch L to R (6)
7 8 Turn ¼ left stepping L to left (7), touch/hitch R (8)

Tag 2 [01 - 04] Side touch, turning side touch/hitch

1 2 Step R to right (1), touch L to R (2)
3 4 Turn ¼ left stepping L to left (3), touch/hitch R (4)

Contact: phillipmvaughan@gmail.com, I would love to hear your feedback! Special thank you to Michael Barr!

Choreographer's Note: Can be danced to Attention by Charlie Puth. 16 count intro. Perform Tag 2 after Wall 8. Change the last count of Wall 10 to "turn $\frac{1}{2}$ right stepping L back (8)", add "turn $\frac{1}{4}$ right stepping R to right"
