

Fully Clothed

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Scott Blevins (USA) & Betsy Courant (USA) - August 2018
音樂: Bang Bang - Nicolas Bosovic, Tom Hillock & Ashley Clark : (Album: Urban Pop Vol. 1)



#32 count intro.

[1-8] CROSS, ¼ HEEL GRIND, COASTER ¼ CROSS, ¼ LEFT, ¼ LEFT, BEHIND, SIDE, CROSS

- 1-2 (1) Step R heel across L; 2) Turn ¼ right stepping L back [3:00]
3&4 (3) Step ball of R back; &) Step ball of L beside R; 4) Turn ¼ right stepping R across L and torque body right [6:00]
5-6 (5) Turn ¼ left stepping L forward; 6) Turn ¼ left stepping R to right [12:00]
7&8 (7) Step L behind R; &) Step R to right; 8) Step L across R

[9-16] ¼ RIGHT, TOGETHER, HIPS BACK, HIPS FORWARD, STEP BACK, BACK, ¼ SIDE, CROSS, ¼ TRIPLE

- &1 (&) Turn ¼ right stepping R forward; 1) Step L beside R taking weight on both feet and bend knees slightly [3:00]
2-3-4 (2) Push hips back; 3) Push hips forward; 4) Step R back
5&6 (5) Step L back; &) Turn ¼ right stepping R to right; 6) Step L across R [6:00]
7&8 (7&8) Gradually turn ¼ right as you step R side, L together, R forward [9:00]

[17-24] ROCK, RECOVER, ½ TRIPLE, ½ BACK, TOGETHER, FORWARD, ½ BACK, ½ FORWARD

- 1-2 (1) Rock L forward; 2) Recover to R
3&4 (3) Turn ¼ left stepping L to left; &) Step R beside L; 4) Turn ¼ left stepping L forward [3:00]
&5-6 (&) Turn ½ left stepping ball of R back; 5) Step ball of L beside R; 6) Step R forward prepping for right turn [9:00]
7-8 (7) Turn ½ right stepping L back; 8) Turn ½ right stepping R forward [9:00]

[25-32] ¼ RIGHT, CROSS, BUMP, BUMP, FORWARD MAMBO, ¼ RIGHT, CROSS ROCK, RECOVER, SIDE

- &1 (&) Turn ¼ right stepping ball of L a tiny step left [12:00]; 1) Step R across L
2-3 (2-3) With weight on R and knees slightly bent, push hips left 2X
4&5-6 (4) Rock L forward; &) Recover to R; 5) Step L back; 6) Turn ¼ right stepping R to right [3:00]
7&8 (7) Rock L across R; &) Recover to R; 8) Step L to left

Begin again.

Hitting the break on rotation 5: You will be dancing the 5th rotation which starts facing the original 12 o'clock wall.

Dance the entire rotation as written above through count 30. Replace counts 31-32 with a 2 count hold. On count a) Quickly transfer weight to L before you begin rotation 6 from the top.

Enjoy!

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