

Bad Trouble

拍數: 64 牆數: 4 級數: Intermediate Blues / Soul
編舞者: Marc Mitchell (CAN) - October 2019
音樂: You Know I'm No Good - Amy Winehouse : (Album: Black Is Back)



Intro: 24 counts - Direction: CCW

LINDY LEFT, TOUCH RIGHT SIDE, IN, FORWARD, IN, SIDE SHUFFLE 1/4 TURN

1&2 Step left to side, step right together, step left to side
3-4 Rock back right behind left, recover left
5&6& Touch right side, touch together, touch forward, touch together
7&8 Step right to side, step left together, step right forward 1/4 turn to right

PENGUIN STEPS FORWARD, ROCK, RECOVER, 1/2 SAILOR STEP

1&2 Step left forward, step right forward, step left forward lifting shoulders slightly, arms down along body, hands pointing out
3&4 Step right forward, step left forward, step right forward lifting shoulders slightly, arms down along body, hands pointing out
5-6 Step left forward, recover right
7&8 Sweep left back 1/2 turn, step right together, step left forward

ANCHOR STEP, COASTER STEP, KICK, HOOK, RIGHT LOCK STEP

1&2 Step right behind left, recover on left, recover on right
3&4 Step left back, step right together, step left forward
5-6 Kick right forward, hook right over left knee like pendulum
7&8 Step right forward, step left behind, step right forward

STEP LEFT FORWARD, STEP RIGHT 1/4 TURN, CROSS SAMBA STEP, KICK BALL CHANGE TWICE MOVING BACK

1-2 Step left forward, step right side 1/4 turn to right
3a4 Cross left over right, touch right side, recover left
5&6 Kick right forward towards left, step right together, step left back
7&8 Kick right forward towards left, step right together, step left back

JAZZ BOX, TOE STRUT, JAZZ BOX, TOE STRUT

1-2 Cross right over left, step left behind
3-4 Touch right forward diagonal, drop heel
5-6 Cross left over right, step right behind
7-8 Touch left forward diagonal, drop heel

ROCK FORWARD, RECOVER, 1/2 TURN SHUFFLE, 1/2 TURN SHUFFLE, ROCK, RECOVER

1-2 Rock right forward, recover left
3&4 Step right 1/2 turn, step left together, step right forward
5&6 Step left 1/2 turn, step right together, step left back
7-8 Rock right back, recover left

FORWARD DIAGONAL CROSS SHUFFLE LEFT, FORWARD DIAGONAL CROSS SHUFFLE RIGHT, SIDE TOUCHES, KICK

1&2 Cross right forward over left, step left behind, cross right forward
3&4 Cross left forward over right, step right behind, cross left forward
5&6& Step right side, touch left together, step left side, touch right together
7&8 Step right side, touch left together, kick left right diagonal

VINE LEFT 1/4 TURN, BRUSH, ROCK, RECOVER, COASTER STEP

- 1-2 Step left to side, step right behind
- 3-4 Step left to side 1/4 turn left, brush right forward
- 5-6 Rock right forward, recover left
- 7&8 Step right back, step left together, step right forward

***TAG & RESTART: 8 counts, wall 2 (9.00) after 32 counts**

- 1-2& Step right to side, recover left, step right together
- 3-4& Step left side, recover right, step left together
- 5-6 Touch right side, touch together
- 7-8 Step right side, hold with weight on right (pushing left for Lindy)

***ENDING: Wall 7 (9.00), after 48 counts, step right forward, touch out left side 1/4 turn (12.00), with arms on hips with attitude!**

***WALL SEQUENCE: 12,9,9,6,3,12,9**

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