

拍數: 32 牆數: 4 級數: Improver
 編舞者: Bryan McWherter (USA) & Rosie Multari (USA) - February 2020
 音樂: You should be sad - Halsey



STEP, SHUFFLE, STEP, SHUFFLE, STEP, 1/2 TURN LEFT

1 Step right foot forward(1),
 2&3 Step left foot forward(2), step right foot behind left(&), step left foot forward(3),
 4 Step right foot forward(4),
 5&6 Step left foot forward(5), step right foot behind left(&), step left foot forward(6),
 7-8 Step forward onto the ball of your right foot(7), make a 1/2 turn left stepping forward onto left foot(8), (Facing 6 O'Clock Wall)

STEP, ROCK RECOVER, STEP TOUCH X2

1, 2& Stomp right foot forward and slightly to the right side(1), rock left foot behind right(2), recover weight forward onto right foot(&)
 3-4 Step left foot to the left side(3), touch right toe next to left(4),
 5, 6& Stomp right foot forward and slightly to the right side(5), rock left foot behind right(6), recover weight forward onto right foot(&)
 7-8 Step left foot to the left side(7), touch right toe next to left(8),

VINE RIGHT WITH KNEE POPS, 1/2 TURN HITCH, VINE LEFT WITH KNEE POPS, 1/4 TURN

1,2 Step right foot to right side(1), Cross step left foot behind right while popping right knee up(2),
 3,4 Step right foot forward making a 1/4 turn right(3), (facing 9 O'Clock wall) Hitch left knee up while making another 1/4 turn right(4), (facing 12 O'Clock wall)
 5,6 Step left foot to left side(5), cross step right behind left while popping left knee up(6),
 7,8 Step left foot forward making a 1/4 turn left(7), Hitch right knee up(8), (facing 9 O'Clock Wall)

MAMBO FORWARD, MAMBO BACK, MAMBO 1/2 TURN RIGHT, WALK, WALK, WALK (RUN RUN RUN)

1&2 Rock forward onto the ball of the right foot(1), recover weight back onto the left foot(&), Step right foot next to left(2),
 3&4 Rock back onto the ball of the left foot(3), recover weight forward onto the right foot(&), Step left foot next to right(4),
 5&6 Rock forward onto the ball of the right foot(5), recover weight back onto the left foot(&), Step forward onto the right foot making a 1/2 turn right(6),
 7&8 Walk forward left(7), walk forward right(&), walk forward left(8). (Now facing 3 O'Clock wall.)

Begin Again.

There will be 1 restart after 16 Counts on your 6th wall (starts at 3:00, restart at 9:00)

***If you continue dancing all the way through the song it ends perfectly facing the 12 O'Clock wall with your left knee in a hitch position.

We hope you enjoy!

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Last Update - 24 Sept. 2020-R2