

Part Time Psycho

拍數: 64 牆數: 2 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - April 2021
音樂: Part Time Psycho - SHAED & Two Feet : (Spotify / iTunes)



Intro: 16 counts/Dance starts on lyrics)

[S1] 2x Diagonal Roll Fwd-Fwd Shuffle

1 2 Move towards to 1:30- Step forward on R, Make a 1/2 turn right stepping back on L
3&4 Make a 1/2 turn right shuffle forward on R-L-R (12:00)
5 6 Move towards to 10:30- Step forward on L, Make a 1/2 turn left stepping back on R
7&8 Make a 1/2 turn left shuffle forward on L-R-L (12:00)

[S2] Box 1/4R-Cross, Side-Together, Cross Shuffle

1 2 Cross R over L, Make a 1/4 turn right stepping back on L (3:00)
3 4 Step R to the side, Cross L over R
5 6 Step R to the side, Step L next to R
7&8 Cross R over L, Step L close to R, Cross R over L

[S3] Heel-Ball-Cross Shuffle, Side, Heel-Ball-Cross-1/4L

1 2 Tap L heel 45 degrees left forward, Step L ball back to centre
3&4 Cross R over L, Step L close to R, Cross R over L
5 6& Step L to the side, Tap R heel 45 degrees right forward, Step R ball back to centre
7 8 Cross L over R, Make a 1/4 turn left stepping back on R (12:00)

[S4] Back Rock, Step-Pivot 1/4R, Cross-1/4L-1/2L-Scuff

1 2 Rock back on L, Recover weight on R
3 4 Step forward on R, Make a 1/4 turn right recover weight on L (3:00)
5 6 Cross L over R, Make a 1/4 turn stepping back on R (12:00)
7 8 Make a 1/2 turn left stepping forward on L, Scuff forward on R** (6:00)

[S5] R Side-Heel-Toe Walk In-Cha-Cha, L Side-Heel-Toe Walk In-Touch

1 2 3 Step R out to the side, Swivel L heel in, Swivel L toe in
&4 Step L in place, Step R next to L
5 6 7 Step L out to the side, Swivel R heel in, Swivel R toe in
8 Touch R next to L

[S6] Side (Twist) Rock w/ Toe Swivel, Triple 1/2R Turn, Side (Twist) Rock w/ Toe Swivel, Triple L Full Turn

1 2 Rock R to the side as you twist your body to the left and swivel L toes up to the side,
 Straighten up to the centre recover on L (6:00)
3&4 Make a 1/2 triple turn right on R-L-R (on the spot) (12:00)
5 6 Rock L to the side as you twist your body to the right and swivel R toes up to the side,
 Straighten up to the centre recover on R
7&8 Make a full triple turn left on L-R-L (on the spot)*** (12:00)

[S7] R Side-Heel-Toe Walk In-Cha-Cha, L Side-Heel-Toe Walk In-Touch (Same as S5)

1 2 3 Step R out to the side, Swivel L heel in, Swivel L toe in
&4 Step L in place, Step R next to L
5 6 7 Step L out to the side, Swivel R heel in, Swivel R toe in
8 Touch R next to L

[S8] Slow Heel Grind 1/2R Turn, 1/2R-1/2R-Back Rock

- 1 2 Step forward on R heel/grind R heel from L to R whilst making a 1/2 turn right over 2 counts (6:00)
- 3 4 Step back on L, Hold
- 5 6 Make a 1/2 turn right stepping forward on R, Make a 1/2 turn right stepping back on L
- 7 8 Rock back on R, Recover weight on L (6:00)

Restart on Wall 2 count 32(12:00) and Wall 5 count 48***(12:00)**

Ending suggestion: The last wall finishes at 6:00, then make a 1/2 turn left stepping back on R to the front.

**Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(updated: 27/Apr/21)**
