

Everything Black

拍數: 96 牆數: 2 級數: Phrased Advanced
編舞者: Mikael Mölsä (FIN) - 17 July 2021
音樂: Everything Black (feat. Mike Taylor) - Unlike Pluto : (CD: Monstercat Uncaged Vol.1)



Starting point: At the vocals, at about 0:09.

Sequence: AAB AAB AB

A (32 COUNTS)

A1: WIZARD OF OZ'S, ½ LEFT TURNING PIVOT, ROCKING CHAIR

1-2& Step right forward, lock left behind right, step right forward
3-4& Step left forward, lock right behind left, step left forward
5-6 Step right forward, turn ½ to left
7&8& Rock right forward, recover weight back to left, rock back on right, recover weight back to left

A2: WIZARD OF OZ'S, ½ LEFT TURNING PIVOT, ROCKING CHAIR

1-2& Step right forward, lock left behind right, step right forward
3-4& Step left forward, lock right behind left, step left forward
5-6 Step right forward, turn ½ to left
7&8& Rock right forward, recover weight back to left, rock back on right, recover weight back to left

A3: STEP, BODY ROLL STEP, BODY ROLL STEP, MASHED POTATOES BACK

1-2& Step right foot forward, body roll forward, step left next to right
3-4 Step right foot forward, body roll forward while step left next to right
&5 Split heels out, bring heels back in while stepping right behind left
&6 Split heels out, bring heels back in while stepping left behind right
&7 Split heels out, bring heels back in while stepping right behind left
&8 Split heels out, bring heels back in while stepping left behind right

A4: TOE TOUCHES, BODYWEIGHT TRANSFER, TOE TOUCHES, BODYWEIGHT TRANSFER,

1&2 Touch right toe to side, step right next to left, touch left toe to side
3-4 By making a small u, dip down a little and move the bodyweight from right to left
5&6 Touch right toe to side, step right next to left, touch left toe to side
7-8 By making a small u, dip down a little and move the bodyweight from right to left

B (64 COUNTS)

B1: TURNING STEPS WITH HOLDS, TURNING STEPS, TURNING CROSS SHUFFLE

1-4 Turn ¼ to right and step forward, hold, turn ¼ to right and step left forward, hold
5-6 Step right forward and turn right, step left forward and turn right
7&8 Step right foot across left, step left to side and turn right, Step right foot across left

Note: You are suppose to turn 1 full turn to right with the counts 1-8.

B2: SYNCOPATED ROCK STEPS, SLOW SWEEP, SWEEP STEPS

1-2& Rock left to left side, recover weight back to right, step left next to right
3-4& Rock right to right side, recover weight back to left, step right next to left
5-6 Sweep left from front to back for two counts (weight ends up on right)
7-8 Sweep right from front to back while stepping weight on to left, sweep left from front to back while stepping weight on to right (weight ends up on right)

B3: CAMEL WALKS, LOCK STEP FORWARD, CAMEL WALKS, LOCK STEP FORWARD

1-2 Camel walk forward left, camel walk forward right
3&4 Step left forward, lock right behind left, step left forward

5-6 Camel walk forward right, camel walk forward left
7&8 Step right forward, lock left behind right, step right forward

Note: you can replace the camel walks with lock steps (Step, lock) on counts 1-2 and 5-6 if it is more your thing.

B4: ROCK STEP, BEHIND, SIDE, CROSS, ROCK STEP, BEHIND, SIDE, CROSS

1-2 Rock left to side, recover weight back to right
3&4 Step left behind right, step right to side, step left across right
5-6 Rock right to side, recover weight back to left
7&8 Step right behind left, step left to side, step right across left

B5: RUNNING MANS, REVERSE RUNNING MAN, RUNNING MANS, REVERSE RUNNING MAN

1& Jump left foot forward, right foot back (weight is more on left foot), jump left next to right and hitch right knee
2& Jump right foot forward, left foot back (weight is more on right foot), jump right next to left and hitch left knee
3 Jump left foot forward, right foot back (weight is more on left foot)
4&5 Touch right foot next to left, hitch right knee, step right back (weight is on right)
&6 Step weight to left foot and hitch right knee, step right in place
&7 Step weight to right foot and hitch left knee, step left in place
8&1 Touch right foot next to left, hitch right knee, step right back (weight is on right)

B6: ¼ LEFT TURNING HALF-STAR, SHUFFLE-STYLE MOONWALKS BACK

&2 Recover weight to left, turn 1/4 to left and rock right back
&3 Recover weight to left, rock right forward
&4& Recover weight to left, rock right to right side, recover weight to left
5& Touch right toe back, hop left next to right
6& Step weight to right and touch left toe back, hop right next to left
7& Step weight to left and touch right toe back, hop left next to right
8& Step weight to right and touch right toe back, hop left next to left

B7: RUNNING MANS, REVERSE RUNNING MAN, RUNNING MANS, REVERSE RUNNING MAN

1& Jump left foot forward, right foot back (weight is more on left foot), jump left next to right and hitch right knee
2& Jump right foot forward, left foot back (weight is more on right foot), jump right next to left and hitch left knee
3 Jump left foot forward, right foot back (weight is more on left foot)
4&5 Touch right foot next to left, hitch right knee, step right back (weight is on right)
&6 Step weight to left foot and hitch right knee, step right in place
&7 Step weight to right foot and hitch left knee, step left in place
8&1 Touch right foot next to left, hitch right knee, step right back (weight is on right)

B8: ¼ LEFT TURNING ROCKING CHAIR, SHUFFLE-STYLE MOONWALKS BACK

&2 Recover weight to left, turn 1/4 to left and rock right back
&3 Recover weight to left, rock right forward
&4 Recover weight to left, step right back
5& Touch left toe back, hop right next to left
6& Step weight to left and touch right toe back, hop left next to right
7& Step weight to right and touch left toe back, hop right next to left
8& Step weight to left and touch right toe back, hop left next to right
