

Dynamite

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Benjamin Harris (AUS) - July 2021
音樂: Dynamite - Westlife : (Album: Spectrum)



Intro: 32 counts (Start with the heavy beat)

Fwd Rock, Recover, Together, Step, Pivot ½ Turn, Shuffle Fwd, Full Turn Roll Fwd

1,2& Rock R forward, Recover back L, Step R beside L
3,4,5&6 Step forward L, Pivot ½ turn R weight on R, Shuffle forward stepping L-R-L (6:00)
7,8 ½ turn L stepping R back, ½ turn L stepping L forward (6:00)

Forward Rock, Recover, ½ Turn Shuffle, Step, Paddle ¼ Turn, Across, Side

1,2,3&4 Rock forward R, Recover back L, ½ turn R shuffle forward stepping R-L-R (12:00)
5,6,7,8 Step forward L, Paddle ¼ turn R weight on R, Step L across in front of R, Step R to R side (3:00)

Sailor Step x2, Back Rock, Recover, ¾ Turn Reverse Roll

1&2 Step L behind R, Step R to R side, Step L in place
3&4 Step R behind L, Step L to L side, step R in place
5,6 Rock L behind R angling body slightly to L diagonal, Recover forward R
7,8 ¼ R stepping L back, ½ turn R stepping R forward (12:00) **

Side, Behind, ¼ Turn Fwd, Step, Pivot ½ Turn, ¼ Turn Side, Behind, ¼ Turn Fwd (Figure 8 Weave)

1,2 Step L to L side, Step R behind L
3,4,5 ¼ turn L stepping L fwd, Step Forward R, Pivot ½ turn L weight on L (3:00)
6,7,8 ¼ turn L stepping R to R side, Step L behind R, ¼ turn R stepping R forward (3:00)

Step Paddle ¼ Turn, Across, Sweep, Across, ¼ Turn Back, Back Rock, Recover

1,2 Step L fwd, Paddle ¼ turn R weight on R (6:00)
3,4 Step L across in front of R, Sweep R from back to front
5,6,7,8 Step R across in front of L, ¼ turn R stepping L back, Rock back R, Recover forward L (9:00)

Kick-Ball-Step, Walk, Walk, Forward Rock, Recover, Coaster Step

1&2 Kick R forward, Step R together, Step L forward
3,4,5,6 Step R forward, Step L forward, Rock forward R, Recover back L
7&8 Step R back, Step L together, Step R forward (9:00)

Forward Rock, Recover, ¼ Turn Side Shuffle, Across, Point, Across, Point

1,2,3&4 Rock forward L, Recover back R, ¼ L side shuffle stepping L-R-L (6:00)
5,6,7,8 Step R across in front of L, Touch L toe to L side, Step L across in front of R, Touch R toe to R side

Across, Back, Back, Drag, Together, Rocking Chair

1,2,3,4& Step R across in front of L, Step L back, Step R back, Drag L back slightly towards R, Step L together
5,6,7,8 Rock forward R, Recover back L, Rock back R, Recover forward L (6:00)

Start Again

Tag/Restart Wall 6 Facing 6:00

Dance up to count 24 () and complete the following tag, then restart the dance.**

Side, Behind, Side, Touch, Rocking Chair

1,2,3,4 Step L to L side, Step R behind L, Step L to L side, Touch R beside L
5,6,7,8 Rock forward R, Recover back L, Rock back R, Recover forward L

Contact: ben.harris245@gmail.com Enjoy! :-)

Free to be copied provided no changes are made to the original choreography.
