

Not a Test

拍數: 32 牆數: 2 級數: Novice / Intermediate
編舞者: Michael McKenzie (USA) - January 2022
音樂: This Is Not a Test (feat. Capital Kings) - TobyMac : (2 Tags)
或: Electric Avenue - Eddy Grant : (No Tags)



Music availability: Amazon Music iTunes

Start: Dance begins on lyrics after 16 counts of heavy guitar

MONTEREY ¼ R, STEP R, STEP L, HEEL SWIVELS L-R

1 2 3 4 Point R to R side (1), ¼ Turn R, Step R next to L (2) (3:00), Point L to L side (3), Step L next to R (4)
5 6 7 8 Step R forward (5), Step L next to R (6), Swivel both heels L (7), Swivel heels R (8), Weight L

STEP R NEXT TO L, POINT L TO L, ¼ TURN, DRAG L, KICK STEP TOUCH, KICK, POINT R TO SIDE

1 2 Step R next to L (1), Point L to left side (2)
3 4 ¼ Turn L dragging foot beside R, weight L (3) (12:00), Step R next to L (4)
5&6 7 8 Low Kick L fwd (5), Step L next to R (&), Touch R next to L (6), Kick R forward (7), Point R to R side (8)

PRISSY STEP R-L, SHUFFLE FORWARD R-L-R, ROCK-RECOVER, COASTER STEP

1 2 3&4 Cross R over L (1), Cross L over R (2), Step forward R (3), Step L next to R (&), Step forward R (4)
5 6 7&8 Rock forward L (5), Recover R (6), Step back L (7), Step R next to L (&), Step forward L (8)

PIVOT ¼ L, CROSS R OVER L, SIDESTEP L, TOUCH R BEHIND L, ¾ TURN R, STEP L, TOUCH R

1 2 3 4 Step forward R (1), ¼ Turn L stepping L (2) (9:00), Cross R over L (3), Sidestep L (4),
5 6 7 8 Touch R toe behind L (5), Unwind ¾ R, Weight R (6) (6:00), Step forward L (7), Touch R next to L (8)

REPEAT AND HAVE FUN

TAG 1 (12:00): (After wall 4)

V-STEP, R CROSS ROCK, STEP, L CROSS ROCK, STEP

1 2 3 4 Step forward R diagonal (1), Step forward L diagonal (2), Step back R (3), Step L next To R (4)
5 &6 Cross rock R over L (5), Recover L (&), step R next to L (6)
7&8 Cross rock L over R (7), Recover R (&), Step L next to R (8)

TAG 2 (12:00): (After Wall 6)

COUNTS 1 - 8: REPEAT TAG 1

½ PIVOT TURN L 2 X, WALK R-L, R KICK FORWARD 2 X

1 2 3 4 Step forward R, ½ Pivot turn L, Weight L (6:00), Repeat ½ Pivot turn L, Weight L (12:00)
5 6 7 8 Walk forward R (5), Walk forward L (6), R forward Kick 2 X (7)(8)

ENDING (6:00):

COUNTS 1 - 8: FIRST 8 COUNTS OF DANCE

STEP R NEXT TO L, POINT L TO L SIDE, ¼ TURN L, 1/2 TURN R

1 2 3 4 Step R next to L (1), Point L to left side (2), ¼ Turn L (3), (6:00), ½ Turn R, Weight L (12:00)