

The Damn Dance

拍數: 64 牆數: 2 級數: Advanced Contra
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音樂: If There Weren't So Many Damn Songs (feat. Terri Clark) - Erin Enderlin



THIS IS A CONTRA DANCE, so make 2 lines facing each other & position yourself slightly between people on the opposing side. Once you go through the whole dance twice and are back on your starting wall, you will see that you always kick heels with the same person A, and you will always clap hands with the same person B. If you are kicking and clapping with different people each time, it's because you got off track somewhere or new people entered the floor. I would encourage new people coming onto the floor to go to the ends so they don't confuse the lineup.

[1 – 8]: RIGHT, BEHIND, TRIPLE, ROCK, RECOVER, TRIPLE LEFT

1-4 Step right to right, step left behind, triple to the right,
5-8 Step left over right & rock, recover back onto left, triple to the left

[1 – 8]: TRIPLE RIGHT MAKING ¼ TURN, ROCK RECOVER, ½ PIVOT, ½ PIVOT

1-4 Triple on the right making a ¼ turn to the left, rock back on left foot, recover on the right,
5-8 Step forward on the left, pivot ½ turn over right shoulder stepping down on the right, repeat –
 step forward on the left, pivot ½ turn over right shoulder stepping down on the right

[1 – 8]: ROCK FORWARD ON LEFT, RECOVER ON RIGHT, KNEE HITCHES MAKING A ¼ TURN TO LEFT, ROCK RECOVER, STEP FORWARD LEFT, RIGHT

1-4 Rock left foot over right, recover back on right, hitch left knee up making a ¼ turn to the left,
 step back on left
5-8 Hitch right knee up, step back on right, step forward on left, step forward on right

[1 – 8]: WALK FORWARD LEFT, STEP RIGHT BEHIND LEFT, STEP FORWARD LEFT, KICK RIGHT HEEL WITH OPPOSING PERSON, WALK BACK RIGHT, LEFT, RIGHT, LEFT

1-4 Walk forward on left, step right foot behind left and turn body slightly to right side, step
 forward left, kick right heel onto opposing partner's heel
5-8 Walks back right, left, right, left

[1 – 8]: RIGHT, LOCK, RIGHT, HITCH/CLAP - WILL NOW SWITCH LINES TO NEW WALL - LEFT, LOCK, LEFT, HITCH - Styling: hook thumbs in pockets and really lead with the shoulder

1-4 Step right forward, lock left behind, step right turning slightly to right, hitch left knee & clap
 hands with opposing partner
5-8 You are now switching lines – step left forward, lock right behind, step forward on left, hitch
 right knee

[1 – 8]: STEP OUT RIGHT, HOLD, STEP OUT LEFT, HOLD, HEEL BOUNCES & FULL CIRCLE HIPS

1-4 Step right foot out to right side, hold, step left foot out to left side, hold (styling, put hands on
 hips as you step out)
5-8 Moving hips starting to the left and moving counter clockwise, bounce heels while making a
 full hip circle

[1 – 8]: HIP GRIND RIGHT, HIP GRIND LEFT, ¼ TURN TO LEFT & STEP FORWARD ON RIGHT, HITCH LEFT KNEE, STOMP LEFT 2Xs

1-4 Swing hips to the right, kick left heel up, swing hips to the left, kick right heel up
5-8 Make a ¼ turn to the right, step down on right foot (5), hitch left knee while slapping it with left
 hand, stomp left foot 2 Xs, landing weight on left foot

[1 – 8]: TOUCH RIGHT TOE OUT TO SIDE, STEP DOWN, MAKE ¾ TURN OVER LEFT SHOULDER & TOUCH LEFT TOE FORWARD, ROCK, RECOVER, HEEL GRINDS

- 1-4 Touch right toe out to right side (1), step in place (2), make a $\frac{3}{4}$ turn over left should facing opposing side & touch right toe forward (3), step down on left (4)
- 5-8 Rock forward on right (5), recover on left (6), step back on right (&), kick left heel up (7), step left in place (&), kick right heel up (8)

REPEAT
