Bad Feelings

拍數: 24

級數: Beginner

編舞者: Susan Reynolds (USA) - April 2022

音樂: Somethin' Bad (with Carrie Underwood) - Miranda Lambert

Intro: Singing without music, then 16 counts

HEEL SWITCHES, KICK BALL CHANGE, SIDE MAMBOS R & L

- 1&2& Touch R heel in front, Step R back in place, Touch L heel in front, Step L back in place
- 3&4 Kick R forward, Step R slightly back on ball of foot, Step L in place
- 5&6 Rock R to side, Recover L in place, step R together beside R
- 7&8 Rock L to side, Recover R in place, step L together beside L

SHUFFLE FORWARD 2X, BACK COASTER, L SCISSORS

- 1&2 Step R forward, Step L next to R, Step R forward
- 3&4 Step L forward, Step R next to L, Step L forward
- 5&6 Step R back, Step L next to R, Step R forward
- 7&8 Rock L to side, Step R in place, Step L across R

SIDE ROCK, BEHIND SIDE CROSS, SIDE ROCK, BEHIND SIDE TURN 1/4 RIGHT

- 1-2 Rock R to side, Recover on L
- 3&4 Step R behind, step L to side, step R across
- 5-6 Rock L to side, Recover on R
- 7&8 Step L behind, step R to side, step L as ¼ turn to R

The dance moves clockwise





牆數:4