

Microwave Oven

拍數: 32 牆數: 4 級數: Improver
編舞者: Annette Badenhorst (SA) - April 2022
音樂: Money for Nothing (Radio Edit) - Dire Straits : (Clean Version)



Intro: 32 Counts (+-14 sec into the song. You start dancing one full wall before the lyrics start)

Tags: Easy tag after walls 4 (12:00), 6 (06:00) & 9 (09:00)

The tag happens after the chorus walls. You can identify the walls by hearing the words "Microwave Oven" in the beginning of the tag walls.

Section 1. (1-8) Side Rock, Cross Shuffle, ½ Hinged turn, Cross shuffle

1, 2 Rock R to R (1), Recover to L (2),
3 & 4 Cross R over L (3), Step L to Left (&), Cross R over L (4)
5, 6 ¼ Turn R stepping L back (5), ¼ Turn R stepping R to R (6)
7 & 8 Cross L over R (7), Step R to Right (&), Cross L over R (8) – [06:00]

Section 2. (9-16) Side Roll Touch x 2, Hip Bumps

1, 2 Step R to R and Roll your hips counterclockwise from L to R (1), Touch L to L diagonal (2)
3, 4 Step L to L and Roll your hips clockwise from R to L (3), Touch R to R diagonal (4)
5, 6, 7, 8 Step R to R and Bump your hips RLRL (5,6,7,8)

Section 3. (17-24) Cross Rock, R Chasse, Cross Rock, ¼ Chasse Turn

1, 2, Cross Rock R over L (1), Recover to L (2)
3 & 4 Step R to R (3), Step L next to R (&), Step R to R (4)
5, 6 Cross Rock L over R (5), Recover to R (6)
7 & 8 Step L to L (7), Step R next to L (&), ¼ L stepping L fwd (8) – [03:00]

Section 4. (25-32) ¼ Pivot turn x 2, Jazz box with cross

1, 2, Step R fwd (1), turn ¼ L onto L (2) – [12:00]
3, 4, Step R fwd (3), turn ¼ L onto L (4) – [09:00]
5, 6, 7, 8 Cross R over L (5), Step L back (6), Step R to R (7), Cross L over R (8)

TAG: 8 Counts Side, Drag, Back Rock x 2

1, 2, 3, 4 Step R to R, Drag L to R, Rock L back, Recover to R
5, 6, 7, 8 Step L to L, Drag R to L, Rock R back, Recover to L

Last Update - 10 May 2022