

Ctrl + Alt + Del

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Rhoda Lai (CAN), Rebecca Lee (MY) & Guillaume Richard (FR) - August 2022
音樂: CTRL + ALT + DEL (Banx & Ranx VIP Remix) - Rêve & Banx & Ranx



Intro: 32 Counts. Start at approx 16 secs.

SEC 1 SIDE ROCK, 1/8 TURN L FLICK, FORWARD SHUFFLE, KNEE POPS, ROCKING CHAIR

1-2 Rock R to R side, Recover L 1/8 turn L while flick R (10:30)
3&4 Step R forward, Step L behind R, Step R forward
5-6 Step L forward with R knee pop forward, Step R forward with L knee pop forward
7&8& Rock L forward, Recover, Rock L back, Recover R

SEC 2 1/2 TURN PIVOT, HOOK, SHUFFLE FORWARD, KICK BALL POINT, TOGETHER, SLIDE

1-2 Step L forward, 1/2 Turn R as you hook R in front of L knee (4:30)
3&4 Step R forward, Step L behind R, Step R forward
5&6& Kick L forward, Step L next to R, Point R to R side, Step R next to L
7-8 Big step to L to L side, Drag R to L

SEC 3 STEP SWEEP, CROSS, 1/4 TURN BACK SHUFFLE, 1/4 TURN SIDE ROCK, 1/4 TURN BACK SHUFFLE

1-2 1/8 Turn R step R forward sweep L back to front, Step L over R (6:00)
3&4 1/4 Turn L step R back, Step L in front R, Step R back (3:00)
5-6 1/4 Turn L rock L to L side, Recover R (12:00)
7&8 1/4 Turn L step L back, Step R in front of L, Step L back (9:00)

SEC 4 OUT OUT, SWAY RL, 1/4 TURN R SAILOR STEP, 1/2 TURN L, 1/2 TURN L, JUMP

&1 Step on the ball of R to R side, Step L on the ball to L side
2-3 Sway shoulder to R, Sway shoulder to L
4&5 1/4 Turn R Step R back, Step L next to R, Step R forward (12:00)
6 1/2 Turn L weight transfer to L (6:00)
7-8 1/2 Turn L step R back, 1/2 Turn L jump on both feet (6:00)

Option 1/2 Turn L Step L Forward

Tag At the End of Wall 3 and 7

SIDE ROCK, 1/8 TURN L FLICK, R CROSS SHUFFLE, SIDE ROCK, 3/8 TURN R SHUFFLE FORWARD

1-2 Rock R to R side, Recover L 1/8 turn L while flick R (4:30)
3&4 Cross R over L, Step L to L side, Cross R over L
5-6 Rock L to L side, 3/8 Turn R recover R (9:00)
7&8 Step L forward, Step R to behind L, Step L forward

1/4 TURN JAZZ BOX, 1/2 TURN PADDLE (HIP ROLL)

1-2 Cross R over L, 1/4 Turn R step L back (12:00)
3-4 Step R to R side, Step L forward
5-6 Step R forward as you push your hip back, 1/4 Turn L as you roll your hip to R (9:00)
7-8 Step R forward as you push your hip back, 1/4 Turn L as you roll your hip to R (6:00)