

Self Destruction Mode

拍數: 64 牆數: 4 級數: Advanced
編舞者: Hiroko Carlsson (AUS) - September 2023
音樂: Self Destruction Mode - The Chainsmokers & bludnymph : (Spotify/ Apple Music/ Deezer)



Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
(Intro: 36 counts)

[S1] Touch Fwd-Back-Fwd-Back, Touch Side-1/4R-Step-Pivot 1/4R

1 2 3 4 Touch R heel forward, Touch R toe back, Touch R heel forward, Touch R toe back
5 6 Point/touch R to the side, Make a ¼ turn right step down on R (3:00)
7 8 Step forward on L, Make a ¼ turn right recover weight on R (6:00)

[S2] Touch Fwd-Back-Fwd-Back, Fwd Rock-1/2L Shuffle Fwd-1/2L-Together

1 2 3 4 Touch L heel forward, Touch L toe back, Touch L heel forward, Touch L toe back
5 6 Rock forward on L, Replace weight on R
7&8 Making a ½ turn left shuffle forward on L-R-L (12:00)
&1 Make a swift ½ turn left stepping back on R, Step L next to R (6:00)

[S3] Side-Together, Shuffle Fwd, Side-Together, Coaster Step-

2 3 Step R to the side, Step L next to R
4&5 Shuffle forward on R-L-R
6 7 Step L to the side, Step R next to L
8&1 Step back on L, Step R next to L, Step forward on L

[S4] Step-Pivot 1/4L, Cross Shuffle, Reverse Side Roll

2 3 Step forward on R, Make a ¼ turn left recover weight on L (3:00)
4&5 Cross R over L, Step L close to R, Cross R over L
6 7 8 Make a ¼ turn right stepping back on L, Make a ½ turn right stepping forward on R, Make a ¼ turn right stepping L to the side (3:00)

- Restart here on Wall 1 (3:00) and Wall 3 (9:00) and Wall 6 (6:00)

[S5] Fwd-Together, Out, Out, Back, Together, Out, Out, Fwd-Together

&1 Step/hop forward on R, Step L next to R
2 3 Step diagonally back on R (out), Step L to the side (out)
4 5 Step back on R (in), Step L next to R (in)
6 7 Step diagonally forward on R (out), Step L to the side (out)
&8 Step/hop forward on R, Step L next to R

[S6] Back Rock, Step-Pivot 1/4L, Rocking Chair-

1 2 Rock back on R, Replace weight on L
3 4 Step forward on R, Make a ¼ turn left recover weight on L (12:00)
5 6 Rock forward on R, Replace weight on L
7 8 Rock back on R, Replace weight on L

[S7] -&-Point, Back, Point, Back Rock, Step-Pivot 1/4L-Cross (Rock)-

&1 Step forward on R, Point L to the side
2 3 Step back on L, Point R to the side
4 5 Rock back on R, Replace weight on L
6 7 8 Step forward on R, Make a ¼ turn left recover weight on L (9:00), Cross (rock) R over L

[S8] -Recover w/ Hitch, Hold, Side-Touch-Side-Touch, 1/4R, Step-Pivot 1/4R, Fwd

1 2 Replace weight back on L and hitch R knee at the same time (1), Hold (2)
&3&4 Step R to the side, Touch L next to R, Step L to the side, Touch R next to L
5 6 Make a ¼ turn right stepping forward on R (12:00), Step forward on L
7 8 Make a ¼ turn right recover weight on R (3:00), Step forward on L

Restart on Wall 1 count 32 (3:00), Wall 3 count 32 (9:00) and Wall 6 count 32 (6:00)

Ending suggestion: The last wall (wall 7) starts facing 6:00. When you dance towards the end, replace the last 2 counts of the dance with 'Step-Pivot 1/2R' to face the front.

(updated: 27/Sept/23)
