

Bad One

拍數: 72 牆數: 2 級數: Phrased Intermediate
編舞者: Mikael Mölsä (FIN) - 23 October 2023
音樂: Bad One - Mike Äpt : (Album: Exported Soul)



Starting point: A little hard to hear but the bass has a small steady pump before the song starts, at about 0:10. Just before the vocals.

Ending: You'll be facing front wall on the final wall (3rd time you start section A to front wall). On that wall, dance normally until count 11, then do a kick-out-out and strike a pose.

Sequence: A B A A B A A

A (48 counts)

HIP ROLL, CAMEL WALKS FORWARD, MAMBO STEP

- 1-4 Roll your hips counterclockwise for 4 counts (weight ends up on left)
- 5-7 Camel walk right, left, right
- 8&1 Step forward on left, recover weight back to right, step left back

Note: If you want, you can do a body roll from top to bottom and from bottom up instead of a 4-count hip roll. Just make sure your weight ends up on left foot after you roll up!

COASTER STEP, SHORTY GEORGES, 1/2 LEFT TURNING PIVOT TURN, SHORTY GEORGES

- 2&3 Step right back, step left next to right, step right forward
- 4&5 Step forward left, right, left while bending yourself a bit from the knees
- 6-7 Step right forward, turn 1/2 to left (now facing 6:00)
- 8& Step forward right, left while bending yourself a bit from the knees

STEP, SWEEP, MODIFIED FISHTAILS

- 1 Step forward on right (straightening yourself up while stepping forward)
- 2-4 Sweep and turn 1/2 to right (weight ends up on right) (now facing 12:00)
- 5 Lift your left toe and push off from that stepping back on right to right diagonal (you turn your upper body slightly to left diagonal)
- 6 Lift your right toe and push off from that stepping back on left to left diagonal (you turn your upper body slightly to right diagonal)
- 7 Lift your left toe and push off from that stepping back on right to right diagonal (you turn your upper body slightly to left diagonal)
- 8 Lift your right toe and push off from that stepping back on left to left diagonal (you turn your upper body slightly to right diagonal)

Note: counts 5-8 are a variation of solo jazz's step called fishtail. Watch the demovideo for a visual representation of the steps.

SAILOR STEPS, KICK-N-CROSS, FULL UNWIND

- 1-2 Step right behind left, step left next to right, step right to right diagonal
- 3-4 Step left behind right, step right next to left, step left to left diagonal
- 5-6 Kick right across left, step right next to left, step left across right
- 7-8 Unwind a full turn to right (weight ends up on left)

Note: You can replace the steps 7-8 with a side step to the right (count 7) and stepping left next to right (count 8).

U-SHAPED DIP, CROSS STEPS TO LEFT

- 1-4 Step right to right side and dip down a little, transfer weight to right, straighten up, transfer weight to left
- 5& Step right across left, step left to left side
- 6& Step right across left, step left to left side

7& Step right across left, step left to left side

8 Step right across left

Note: Try to do the steps 1-4 smoothly.

MAMBO STEP, COASTER STEP, 1/2 RIGHT TURNING PIVOT TURN, 1/4 RIGHT TURNING STEP, TOUCH

1&2 Turn 1/4 to left and step left forward, recover weight back to right, step left back

3&4 Step right back, step left next to right, step right forward

5-6 Step left forward, turn 1/2 to right

7-8 Turn 1/4 to right by stepping left to left side, touch right next to left (weight remains on left)

B (24 counts, always starts towards the back wall)

1/2 LEFT TURNING PIVOT, SHUFFLE FORWARD, 1/2 RIGHT TURNING PIVOT, SHUFFLE FORWARD

1-2 Step right forward, turn 1/2 to left (now facing 12:00)

3&4 Step right forward, step left next to right, step right forward

5-6 Step left forward, turn 1/2 to right (now facing 6:00)

7&8 Step left forward, step right next to left, step left forward

1/4 LEFT TURNING PIVOT, TOE TOUCHES, 1/4 LEFT TURN, TOE TOUCHES

1-2 Step right forward, turn 1/4 to left (now facing 3:00)

3&4 Touch right toe next to left, touch right toe further away from left foot, step right to right side

5-6 Turn 1/4 to left and bring left next to right for 2 counts (weight remains on right) (now facing 12:00)

7&8 Touch left toe next to right, touch left toe further away from right foot, step left to left side

1/4 LEFT TURN, TOE TOUCHES, 1/4 LEFT TURN, TOE TOUCHES

1-2 Turn 1/4 to left and bring right next to left for 2 counts (weight remains on left) (now facing 9:00)

3&4 Touch right toe next to left, touch right toe further away from left foot, step right to right side

5-6 Turn 1/4 to left and bring left next to right for 2 counts (weight remains on right) (now facing 6:00)

7&8 Touch left toe next to right, touch left toe further away from right foot, step left to left side
