

拍數: 64 牆數: 2 級數: High Intermediate

編舞者: Victoria Rogers (CAN) - November 2023

音樂: Tricky (feat. Sabrina Carpenter) - Shoffy: (iTunes)



** Winner intermediate/advanced non-phrased division at Vegas Dance Explosion 2023

Intro: 16 counts - No tags no restarts!

Rock fwd-recover, 3 back skates, coaster step into ½ pivot turn, ¾ spiral

1&	ROCK TWO ON R, recover to L
2&	Step diagonally back on R bending knees; slide L toward R, straightening up
3&	Step diagonally back on L bending knees, slide R toward L straightening up
4&	Step diagonally back on R bending knees, slide L toward R straightening up
5&6	Step back on L. step R next to L. step L fwd

7, 8 Pivot ½ turn to right stepping on R, step L into ¾ right spiral turn (3:00)

Side-rock-cross, cross-walks toward 1:30 x3, rock-recover, full turn right moving toward 7:30

1&2 Rock R to right side, recover to L, cross R in front of L facing diagonal (1:30)

3-4 Step L fwd slightly in front of R, step R fwd slightly in front of L 5, 6& Step L fwd slightly in front of R, rock fwd on R, recover to L

7-8 Turn ½ right stepping fwd on R (7:30); turn ½ right stepping back on L (10:30)

Note: steps 3, 4, 5 should be done with some 'attitude.' Suggest turning shoulders in slight opposition to foot placement as you walk.

½ turn right stepping fwd, diamond pattern to 3:00, fwd on L, step R into ½ pivot, ½ pencil turn ending on R

1	Turn $\frac{1}{2}$ right stepping fwd on R (7:30)
2&3	Cross L in front of R, step R to right side, step L back (4:30)
4&5	Step back on R, Step L to left side, squaring up to 3:00, step fwd on R (3:00)
6-7&	Step fwd on L, Step fwd on R into ½ left pivot turn, shifting weight to L (9:00)
8	½ left pencil turn shifting weight to R with feet together (3:00)

Reverse rocking chair, rock back-recover-touch with body roll, side-rock-crosses x2, side-rock

1&2&	Rock back on L, recover to R; rock fwd on L, recover to R
3&4	Rock back on L, recover to R with slight body roll, touch L next to R
5&6	Rock L to left, recover to R, cross L in front of R
&7&	Rock R to right, recover to L, cross R in front of L
8	Rock L to left

ROCK L to lett

Ball-cross-hold, heel-jack-hold, ball-cross-hold, step-together-hold, cross step

&1-2	Recover to R with quick ball-step; Cross L in front of R, hold
&3-4	Step R, place L heel to left, opening body to left, hold
&5-6	Ball-step on L, cross R in front of L, hold

&7 Step L to left side, step R next to L, opening body to right and rising up slightly (4:30)

Cross L in front of R (prep for turn) (3:00) 8

Quarter hinge turn x2, cross shuffle, side-rock-recover, behind-quarter-fwd

1-2	Turn ¼ to left, stepping back on R, turn ¼ to left stepping L to left (9:00)
3&4	Cross R in front of L, step L to left side, cross R in front of L
5-6	Rock L to left side, recover to R

7&8 Cross L behind R, Turn ¼ right stepping on R, step fwd on L (12:00)

Note: the final 16 counts is a repeat of the previous 16 counts. The second half of the dance is danced to the

chorus which is a repeating sequence of 16, so that structure is mirrored in the dance. The only differences are that to begin the final 16, you will turn ¼ to the left; and secondly, you will be dancing this 16 facing the opposite wall as the previous 16.

Turn 1/4 to left into ball-cross-hold, heel-jack-hold, ball-cross-hold, step-together-hold, cross step

&1-2 Turn ¼ to left into ball-step on R; Cross L in front of R,	R. noid (9:00)	
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&3-4 Step R, place L heel to left opening body to left, hold

&5-6 Ball-step on L, cross R in front of L, hold

&7 Step L to left side, step R next to L, opening body to right and rising up slightly (10:30)

8 Cross L in front of R (prep for turn) (9:00)

Quarter hinge turn x2, cross shuffle, side-rock-recover, behind-quarter-fwd

1-2 Turn ¼ to left, stepping back on R, turn ¼ to left stepping L to left (3:00)

3&4 Cross R in front of L, step L to left side, cross R in front of L

5-6 Rock L to left side, recover to R

7&8 Cross L behind R, Turn ¼ right stepping on R, step fwd on L (6:00)

Repeat

Ending: The track will end after 17 counts on the 4th rotation which starts at 6:00. You will be finishing the diagonal turning sequence stepping forward on R. Instead of making that final step on the diagonal, step forward squaring up to the front and strike a pose!

Enjoy!