

Confused & So Good

拍數: 32 牆數: 2 級數: Improver
編舞者: Silvia Schill (DE) - October 2024
音樂: Heartbreaker - Purple Disco Machine & Chromeo
或: So Good - KAMRAD



The dance begins after 16 beats with the start of the singing.

S1: ½ walk around turn r, out, out, back, point

1-4 4 steps forward in a ½ circle to the right (swinging the arms up and down) (r - l - r - l)
5-6 Step diagonally to the right with the right - small step to the left with the left
7-8 Step backwards with the right - touch the left toe to the left

Restart (only for Confused): In the 11th round - towards 6 o'clock - stop here and start again; bring the left foot closer on '8'

S2: Back, point, rock back, side, touch/clap r + l

1-2 Step backwards with left - touch right toe to the right
3-4 Step backwards with right - weight back on the left foot
5-6 Step to the right with right - touch left foot next to right/swing hips to the right and clap
7-8 Step to the left with left - touch right foot next to left/swing hips to the left and clap

Restart (only for Confused): In the 5th round - towards 6 o'clock - stop here and start again

S3: Vine r, rolling vine l with brush across

1-2 Step to the right with right - cross left foot behind right
3-4 Step to the right with the right - tap the left next to the right
5-8 3 steps towards the left, making a full turn to the left (l - r - l) - swing the right diagonally to the left

S4: Jazz box with kick across, side, kick across, point, touch/dip

1-2 Cross the right over the left - step backwards with the left
3-4 Step to the right with the right - kick the left diagonally to the right
5-6 Step to the left with the left - swing the right diagonally to the left
7-8 Tap the right toe to the right - tap the right next to the left/bend the knees slightly (curtsy)

Repeat until the end