

Internal Storm

拍數: 32 牆數: 4 級數: Advanced
編舞者: Lucy Cooper (UK) - November 2024
音樂: Storm - Anthony Gargiula



#8 count intro

SEC 1: Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, 1/4 L, Sway L, Sway R, Step w. drag, Cross, 1/4 R

- 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side squaring to 12:00
3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back turning 1/4 L (9.00)
5 6 Sway L to L side turning 1/4 L, Sway to R side (6.00)
7 8& Step L to side dragging R in, cross R over L, step L back turning 1/4 R (9.00)

SEC 2: 1/4 R Rock, Recover, Behind, Side Rock, Back Rock, 1/2 R Sweep, Back Rock, Full Spiral L, Run Run 1/4 L

- 1 2& Rock R to R side turning 1/4 R, recover onto L, cross R behind L (12.00)
3&4& Rock L to L side, recover onto R, rock L back, recover onto R
5 6& Step L back turning 1/2 R sweeping R back, rock R back, recover onto L (6.00)
7 8& Step R forward hooking L in with full L spiral turn, Run L R curving 1/4 L (3.00)

(RESTART here on wall 2, adjusting the Run Run to run forward rather than 1/4 L to 12:00)

SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, 1/2 L Sweep, Cross Rock, Recover, Side

- 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back
3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R
5 6 Step R forward, Step L sweeping R and turning 1/2 L (9.00)
7 8& Cross rock R over L, recover onto L, step R to R side

SEC 4: 1/4 R Nightclub, Side, Behind, 1/4 R, Cross Rock, Recover, 1/2 L, 1/4 L Drag, Behind, Side

- 1 2& Step L to side turning 1/4 R, step R beside L, cross L over R
3&4 Step R to R side, cross L behind, step L forward turning 1/4 R (3.00)
5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning 1/2 L (9.00)
7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side

TAG (6.00) After wall 3

Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, 1/2 L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, 1/2 L Spiral

- 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00)
3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning 1/2 L (12.00)
5 6& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side
7 8& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning 1/2 L (6.00)