Knight-Mare!!

&

Rock back onto right



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Michelle Weller (UK) 音樂: 2 Faced - Louise



All arm movements within the dance are optional

1	Walk back on right, punching right arm out to right side
2	Walk back on left, bringing fight fist in towards the chest
3	Walk back on right, punching right arm upwards diagonally to the right
&	Step back on left foot (arms back to normal position)
4	Stomp right foot forward, slapping hands down on thighs
5	Bump hips right (hands can be taken off thighs)
&	Bump hips left
6	Bump hips right
&	Bump hips left.
7	Bump hips right
8	Stomp left next to right and clap hands
9	Kick right foot forward
&	Step right foot next to left
10	Kick left foot forward
&	Step left foot next to right
11	Rock forward onto right foot
&	Rock back onto left foot
12	Step right next to left
13	Kick left foot forward
&	Step left next to right
14	Step right foot slightly to right side
15-16	Stand on the spot and get funky to the music. (weight ends on left)
17	Point right toe out to right side, push right arm straight forward making a 'peace' sign with fingers (stands for 2)
&	Step right next to left, bringing right hand up to touch right side of face (stands for face)
18	Step left to left side, tilting head to left (hand should still be on face. Looks as if hand pushed head to one side)
19	Roll head in an to the left direction (hand no longer on face)
20	Bring head down in a sharp nodding action while stepping left next to right
21	Kick right foot forward
&	Step right foot forward
22	Step left next to right
23	Point right toe to right side
&	Step right next to left
24	Point left toe to left side
25	Cross left over right and rock onto it
&	Rock back on right foot
26	Step back on left
&	Rock forward onto right
27	Cross left over right and rock onto it
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28 Step back onto left 29 Make ¼ turn to right as you take a big step to the right side on your right foot

30 Slide left foot up to right

31-32 Roll hops to the left, weight ending up on the left

REPEAT

TAG

When dancing to "2 Faced", on wall 8 miss out the last 8 counts. Start the dance again and continue as normal.