

Knight-Mare!!

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 right 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
- & Rock back onto right

- 28 Step back onto left
29 Make $\frac{1}{4}$ 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.
