

Martyr

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Garth Bock (USA) & Nancy DeMoss
音樂: Martyr - Rusted Root



ROCK STEP, COASTER STEP, ¼ TURN PIVOT, CROSS SHUFFLE STEP

- 1-2 Step right forward at a 45 degree angle (with hip), recover weight on left
3&4 Right coaster step (right-left-right)
5-6 Step left foot forward, turn ¼ turn right (weight on right)
7&8 Cross left foot over right, step right slightly to right, cross left foot over right

SIDE STEP, BACK ½ TURN, CROSS SHUFFLE STEP, HIP BUMPS, BODY ROLL

- 9-10 Step right to right, turn ½ turn left (to the left) and step out on left
11&12 Cross right foot over left, step left to left, cross right foot over left
13&14 Step left slightly out to left bumping hips left-right-left
15-16 Roll hips right to left

SIDE ROCK AND CROSSES

- 17&18 Rock right foot to right and slightly forward, recover weight on left, cross right over left
19&20 Rock left foot to left and slightly forward, recover weight on right, cross left over right

ROCK STEP, BACK CROSS BACKS, BACK ROLLING TURN

- 21-22 Rock right foot forward, recover weight on left
23&24 Step right foot back, cross left over right, step right foot back

25&26 STEP LEFT FOOT BACK, CROSS RIGHT OVER LEFT, STEP LEFT FOOT BACK
27-28 On ball of left turn ½ turn right stepping forward on right, on ball of right foot turn ½ turn right stepping back on left

WALK STEPS, STOMP AND A ROLL

- 29-30 Walk forward right, left
31-32 Stomp the right foot next left, roll weight onto left foot

REPEAT

The song pauses for 4 counts near the end. The dance was designed so that at that point you have finished the body roll on count 16. You can either continue dancing through the pause or hold for the 4 counts and start your side rock and crosses when the song starts again