

# Meltdown!

拍數: 32      牆數: 4      級數:  
編舞者: Scott Blevins (USA)  
音樂: Teary Eyed - Missy Elliot



- 1-2      Press right to right side, recover weight onto left  
3&4      Step right across and in front of left, make  $\frac{1}{4}$  turn right stepping back on left, hold position (facing 3:00)  
&5-6      Step right next to left, step forward on left, start making  $\frac{1}{4}$  turn right stepping forward on right  
7&8      Finish making  $\frac{1}{4}$  turn right stepping back on left, step right to right side, step left across and in front of right
- &a1-2      Take a small step to right on ball of right, step left next to right, kick right to right, step right across and in front of left (facing 6:00)  
3&4      Make a  $\frac{1}{4}$  turn right stepping back on left, close right next to left, step forward on left  
&5-6      Take a small step forward on ball of right, take a larger step forward on left, step forward on right  
7&8      Rock forward on left, recover weight onto right, make a  $\frac{1}{4}$  turn right stepping back on left (facing 12:00)
- &a1-2      Make a  $\frac{1}{4}$  turn right stepping forward on right, make  $\frac{1}{2}$  turn right on right, step back on left popping right knee and lifting right shoulder, step back on right popping left knee and lifting left shoulder (facing 9:00)  
3&4      Make a  $\frac{1}{4}$  turn right stepping back on left, make a  $\frac{1}{4}$  turn right stepping forward on right, step forward on left (facing 3:00)  
&5      Step slightly forward on ball of right, step left slightly forward and to left side  
6-7      Skate back on right, skate back on left  
&8      Step slightly back and to the right on right, step left across and in front of right (still facing 3:00)
- &a1-2      Make  $\frac{1}{4}$  turn right stepping forward on right, bring left knee up slightly, step left to left side, make  $\frac{1}{4}$  turn right stepping right to right side (facing 9:00)  
&3-4      Step slightly forward on ball of left, make  $\frac{1}{4}$  turn right stepping right across and in front of left, make  $\frac{1}{4}$  turn right stepping back on left (facing 3:00)  
&5-6      Step on right ball to right, step left across and in front of right, make  $\frac{1}{4}$  turn right stepping forward on right (facing 6:00)  
7-8&      Make  $\frac{1}{4}$  turn right stepping back on left, step right to right side, step left across and in front of right (facing 9:00)

**REPEAT**