

Misery

拍數: 48
編舞者: Simon Ward (AUS)
音樂: Misery - P!nk

牆數: 2

級數: waltz



- 1-3 Turn a full turn right stepping right-left-right traveling right
Step count 3 out to right to push off
- 4-5 Transfer weight onto left pivot/turn 1 ¼ turns left on ball of left foot swinging right around
&6 Step right slightly to right, take weight onto left (very soft - it's there to keep balance)
- 1-3 Rock/step right forward, rock/step left back turning ½ turn right, step right forward when completed turn
&4-6 Step left slightly forward, pivot ¼ turn right taking weight onto right, cross/step left over right, step right to right turning ¼ turn left
- 1-3 Step left back & hook right under left knee, step right forward and slightly at right diagonal, step left to left side & slightly forward
4-6 Turn a full turn right stepping right-left-right
- 1-3 Cross/rock left over right, rock/step right back facing right diagonal, step left back on diagonal dragging right heel
&4-6 Step right slightly back, turning ½ turn left slightly stepping left forward, step right forward, pivot ½ turn left weight on left
Should finish facing same corner as count 1 (cross/rock left over right) though you are on the back wall
- 1-3 Cross/rock right over left, rock/step left back, step right to right side (facing back wall)
4-6 Cross/rock left over right, rock/step right slightly back turning ¼ right, complete ¼ turn right stepping left slightly back
- 1-3 Touch ball of right back, pivot ½ turn right taking weight onto left, step right back **
4-6 Touch ball of left back, take weight onto left rolling left shoulder back, rock/step right slightly forward bringing shoulder forward
Option: look over left shoulder slightly on count 5
- 1-3 Step left forward, pivot ¼ turn right taking weight onto right, cross/step left over right
4-6 Step right to right side and sway hips right-left-right
- 1-2 Step left to left side and slowly drag right towards left
&3 Step right slightly behind left, step left to left side
4-6 Cross/rock right over left, rock/step left back, step right slightly to right side
& Step left beside right

REPEAT

RESTART

On wall 6 you will dance up to count 33. Then do this:

- 4-6 Touch left ball back, turn ¼ turn left rolling left shoulder around, take weight onto left
Restart (should be facing back wall)

VARIATION

On wall 4 you can replace counts 19-24 with:

- 1&2-3 Step left at 45 degrees right, step right beside left, step left back on diagonal dragging right heel, continue drag
- &4-6 Step right slightly back, turning $\frac{1}{2}$ turn left slightly stepping left forward, step right forward, pivot $\frac{1}{2}$ turn left weight on left

Counts &4-6 are the same as the dance - you are only changing counts 1-3
