

Musicology

拍數: 64
編舞者: Masters In Line (UK)
音樂: Musicology - Prince

牆數: 2

級數: Intermediate / Advanced



Count in: 16 counts from beginning of track

HEEL SWIVELS, HITCH CROSS, KICK, HITCH, CROSS, & CROSS, ¼ STEP ½ STEP

- 1& Swivel both heels to right, swivel both toes to right
- 2& Hitch left knee up, cross left foot in front of right foot
- 3&4 Kick right foot to right side, hitch right knee up, cross right foot in front of left foot
- &5 Step left foot to left side, cross right foot in front of left foot
- 6 Make a ¼ turn left and step left foot forward
- 7&8 Step forward on right foot, pivot ½ turn left, step forward on right foot

HEEL WALKS, TOES, HEELS, HEELS, TOES, ROLL FULL TURN LEFT, QUICK ROCK

- 1& Step forward on left heel to left diagonal, step right heel to right side (shoulder width from left)
- 2& Step back on left foot, step right next to left
- 3& Split both toes, split both heels
- 4& Bring both heels together, bring both toes together
- 5-6 Make a ¼ turn left and step left foot forward, make a ½ turn left and step right foot back
- 7 Make a ¼ turn left and step left foot big step to left side and slide right foot up to left
- 8& Bending knees push both knees out to side, then return to straight legs

RIGHT SHUFFLE, ROCK & HALF, TOUCH TURNS ½, SWITCH AND SWITCH

- 1&2 Step right foot forward, step left foot next to right, step right foot forward
- 3&4 Rock forward on left foot, rock back on right foot, make a ½ turn left and step forward on left foot
- 5&6 Make a ¼ of a turn left and touch right toe to right side, make a ¼ turn left and touch right toe to right side
- &7 Step right foot next to left foot, touch left toe to left side
- &8 Step left foot next to right foot, touch right toe to right side

HITCH, HEEL STRUT, SWIVELS, HEEL STRUT, SWIVELS, HITCH AND HEEL AND STEP ½ TURN

- &1& Hitch right knee up, step right heel forward, drop right toes
- 2& While bending both knees, swivel both feet a ¼ turn left, then swivel back to face front
- 3& Step left heel forward, drop left toes
- 4& While bending knees, swivel both feet a ¼ turn right, then swivel back to face front
- 5&6 Hitch right knee up, step back on right foot, touch left heel forward
- &7-8 Step weight down onto left foot, step forward on right foot, pivot ½ turn left

OUT-OUT-OUT, ¼ TOUCH, OUT-OUT-OUT, ¼ SHUFFLE

- 1&2 Step right foot to right side rolling right knee, step left foot to left side rolling left knee, step right foot further out to right side rolling right knee
- 3-4 Make a ¼ turn left and step left foot forward, touch right toe next to left foot
- 5&6 Step right foot to right side rolling right knee, step left foot to left side rolling left knee, step right foot further out to right side rolling right knee
- 7&8 Make a ¼ turn left and step left foot forward, step right foot next to left, step left foot forward

ROCK & ½, FULL TURN TRIPLE STEP, KICK BACK BACK, LEAN OUT-OUT

- 1&2 Rock forward on right foot, rock back onto left foot, make a ½ turn right and step forward on right foot

3&4 Make a ½ turn right stepping back on left foot, make a ½ turn right stepping forward on right foot, step forward on left foot

Easy alternate

3&4 Left shuffle forward)

5&6 Kick right foot forward, step back on right foot, step left next to right

7 Lean back a little and push hips forward (like a back body roll)

&8 Step back on right foot, step left foot to left side

STEP LOCK STEP SYNCOPATIONS WITH TURNS

1-2& Step right foot to right side, lock left foot behind right foot, make ¼ turn right and step right foot forward

3-4& Make a ¼ turn right and step left foot to left side, lock right foot behind left, make a ¼ turn left and step left foot forward

5-6& Step right foot to right side, lock left foot behind right foot, make ¼ turn right and step right foot forward

7-8& Make a ¼ turn right and step left foot to left side, lock right foot behind left, step left foot to left side

WALK, ROCK & COASTER STEP, TOUCH &HEEL &ROCK STEP, SWIVEL, SWIVEL

1-2& Walk forward on right foot, rock forward on left foot, recover weight onto right foot

3&4 Step back on left foot, step right foot next to left foot, step left foot forward

5& Touch right toe to right side, touch right toe next to left foot

6& Kick right foot forward, step right foot next to left foot

7& Rock left foot to left side, recover weight onto right foot

8& Swivel left heel in towards right foot, swivel left toe in towards right foot

REPEAT
