

Raging Bull

拍數: 32 牆數: 4 級數: Advanced
編舞者: Ed Henry (USA)
音樂: Tell Me Why - Reba McEntire



This dance is advanced due to the speed and quickness of some of the steps. Any music used for 10 Step will work. It is a high energy dance, however, everyone who has learned the dance enjoy it. This dance is a cross between Clogging steps and Hip Hop. Emphasis is in the feet, knees and legs.

STEP, SCOOT, STEP, SCOOT, STEP, ROCK, ROCK, SCOOT, STEP, SCOOT, STEP, SCOOT, ROCK, ROCK, ROCK:

- 1& Right step forward; scoot back on right as you bring left knee up
- 2& Left step forward; scoot back on left as you bring right knee up
- 3& Right step forward; left rock-step back
- 4& Right rock-step forward; scoot back on right as you bring left knee up
- 5& Left step forward; scoot back on left as you bring right knee up
- 6& Right step forward; scoot back on right as you bring left knee up
- 7&8 Left step forward; right rock-step back; left rock-step forward

SIDE, BEHIND, SIDE, CLAP, CLAP-TOUCH, SIDE, BEHIND, SIDE, CLAP, CLAP-TOUCH:

- 1-2 Right step side right; left cross-step behind right
- 3&4 Right step side right; clap (&); clap and touch left next to right
- 5-6 Left step side left; right cross-step behind left
- 7&8 Left step side left; clap (&); clap and touch right next to left

BACK, SCOOT FORWARD, BACK, SCOOT FORWARD, BACK, SCOOT FORWARD, BACK:

- 1& Right step back; scoot forward on right as you bring left knee up
- 2& Left step back; scoot forward on left as you bring right knee up
- 3& Right step back; scoot forward on right as you bring left knee up
- 4 Left step back

"ELECTRIC KICKS"-BACK, FORWARD, FORWARD, BACK, BACK, FORWARD, FORWARD:

- 5 Right step back as you lift left foot (keep left forward)
- & Left step forward as you lift right foot (keep right back)
- 6 Right step forward as you lift left foot (keep left back)
- & Left step back as you lift right foot (keep right back)
- 7 Right step back as you lift left foot (keep left forward)
- &-8 Left step forward; right step forward

- 1-2 Left point-touch side left; left step forward
- 3-4 Right point-touch side right; right step forward (small step)
- 5-6 Pivot ¼ turn left on balls of both feet; hold & clap
- 7 Hold (no clap)
- &-8 Jump/scoot forward both feet; jump/scoot forward both feet

REPEAT