

Scared

拍數: 54 牆數: 4 級數: Improver
編舞者: Craig Cooke (UK)
音樂: Scared - A1



2 KICK BALL CHANGES, TWO ½ PIVOT TURNS

1&2 Kick right foot forward, step ball of right besides left, step left foot besides right foot
3&4 Kick right foot forward, step ball of right besides left, step left foot besides right foot
5-6 Step forward on right foot, pivot ½ turn to the left
7-8 Step forward on right foot, pivot ½ turn to the left

RIGHT ROCK FORWARD AND TRIPLE ½ TURN, LEFT ROCK FORWARD AND TRIPLE ½ TURN

1-2 Rock forward onto right foot, rock back onto left foot
3&4 Triple step right stepping right, left, right
5-6 Rock forward onto left foot, rock back onto right foot
7&8 Triple step left stepping left, right, left

FOUR MAMBOS TO THE LEFT, RIGHT, LEFT, RIGHT

1&2 Rock out to right side onto right foot, rock back onto left & touch right besides left
3&4 Rock out to left side onto left foot, rock back onto right & touch left besides right
5&6 Rock out to right side onto right foot, rock back onto left & touch right besides left
7&8 Rock out to left side onto left foot, rock back onto right & touch left besides right

SNAKE ROLL FORWARD, SNAKE ROLL TO THE RIGHT, SNAKE ROLL TO THE LEFT, RIGHT KICK BALL CHANGE

1-2 Snake roll forward, (using head as lead)
3-4 Snake roll to the right (using head as lead)
5-6 Snake roll to the left (using head as lead)
7&8 Kick right foot forward, step ball of right foot besides left, step left foot besides right

TWO KICK BALL CHANGE, ¼ TURN LEFT, RIGHT KICK BALL CHANGE

1&2 Kick right foot forward, step ball of right foot besides left, step left foot besides right
3&4 Kick right foot forward, step ball of right foot besides left, step left foot besides right
5-6 Step forward onto right foot and make ¼ turn to left side
7&8 Kick right foot forward, step ball of right foot besides left, step left foot besides right

ROCK AND ½ TRIPLE STEP, ROCK AND ½ TRIPLE STEP

1-2 Rock forward onto right, rock back onto left
3&4 Make triple ½ turn to right, stepping right, left, right
5-6 Rock forward onto left, rock back onto right foot
7&8 Make triple ½ turn to left, stepping left, right, left

TWO BODY ROLLS FORWARD, 2 BODY ROLLS TO SIDE LEFT, RIGHT

1-2 Snake roll forward (using head as lead)
3-4 Snake roll to right side (using head as lead)
5-6 Snake roll to left side (using head as lead)

REPEAT