

Terrified

拍數: 64 牆數: 2 級數: Improver
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音樂: Relax, Take It Easy - MIKA



STOMP TWICE, HAND MOVEMENTS

1-2 Stomp left foot diagonally forward, stomp right foot right
3-4 Raise both arms up in the air, bend elbow so hands meet (palms out)
5-8 Lower hands down in front of upper body

CROSS, POINT X 3, CROSS, POINT, CROSS POINT

9-10 Step left foot across right, point right toe right
11-12 Point right toe across left, point right toe right
13-14 Step right foot across left, point left toe left
15-16 Step left foot across right, point right toe right

STEP, PIVOT ½ TURN LEFT, RIGHT SHUFFLE, TURN ½, TURN ¼, LEFT SHUFFLE

17-18 Step right foot forward, pivot ½ turn left
19&20 Shuffle forward right, left, right
21-22 Make ½ turn right stepping back on left, make ¼ turn right stepping right to right
23-24 Shuffle forward left, right, left

ROCK, RECOVER, RIGHT COASTER STEP, STEP, PIVOT ½ TURN RIGHT, FULL TURN

25-26 Rock forward on right, recover back onto left
27&28 Step back on right, step left beside right, step forward right
29-30 Step left foot forward, pivot ½ turn right
31-32 Make ½ turn right stepping left back, make ½ turn right stepping right forward

ROCK, RECOVER & ROCK, RECOVER TURN ROCK, RECOVER & ROCK, RECOVER

33-34& Rock left to left, recover onto right, step left beside right
35-36& Rock right to right, recover onto left, step right beside left and turn ½ right on ball of right foot
37-38& Rock left to left, recover onto right, step left beside right
39-40 Rock right to right, recover onto left

SAILOR STEP ¼ TURN RIGHT, LEFT SHUFFLE, STEP, PIVOT ½ LEFT, STEP, PIVOT ½ LEFT

41&42 Cross right behind left turning ¼ right, step left beside right, step right forward
43&44 Step left forward, step right beside left, step left forward
45-46 Step right forward, pivot ½ left
47-48 Step right forward, pivot ½ left

RIGHT SHUFFLE, STEP, FULL TURN RIGHT, RIGHT SHUFFLE, ROCK, RECOVER

49-50 Step right foot forward, step left beside right, step right foot forward
51-52 Step left foot forward, on ball of left foot pivot full turn right (ending with right crossing over left)
53&54 Shuffle forward right, left, right
55-56 Rock left forward, recover onto right

Restart dance after count 56 during wall 1 and 3

TURN ¼ LEFT AND STEP, TOUCH AND CLAP X 4

57-58 Turn ¼ left and step left, touch right beside left and clap hands
59-60 Turn ¼ left and step right, touch left beside right and clap hands
61-62 Turn ¼ left and step left, touch right beside left and clap hands

63-64 Turn ¼ left and step right, touch left beside right and clap hands

REPEAT

TAG

Danced after the 2nd wall only

LEFT HEEL TOUCHES, LEFT COASTER STEP, STEP, PIVOT ½ TURN LEFT, RIGHT SHUFFLE TWICE

1-2 Touch left heel forward twice

3&4 Step back on left, step right beside left, step forward left

5-6 Step right foot forward, pivot ½ turn left

7&8 Shuffle forward right, left, right

9-16 Repeat counts 1-8

Dedicated to the hard working people at Fløyenrock 2007 (Bergen, Norway)
