

Torn Apart

拍數: 0 牆數: 0 級數:
編舞者: Liam Hrycan (UK)
音樂: Mixed up Mess of a Heart - Danni Leigh



Sequence: A BAC BAD A A (first 10 steps, ending on left Stomp)

SECTION A (CHORUS)

RIGHT WEAVE, RIGHT SIDE STEP/LEFT DRAG TO RIGHT (4 COUNTS), LEFT STOMP, HOLD, RIGHT STOMP

- 1-2 Step right foot to right side slightly forward, step left foot behind right
- 3-4 Step right foot to right side, step left foot over right
- 5 Step right foot a long step to right side
- 6-9 Drag left foot to place beside right (over 4 counts-clap hands on counts 6 & 8)
- 10 Stomp left foot in place beside right (and clap hands)
- 11 Hold position
- 12 Stomp right foot in place beside left (and clap hands)

LEFT ROCK/RECOVER, LEFT STEP BACK (½-LEFT), RIGHT SCUFF

- 13-14 Rock left foot forward, recover weight back onto right foot
- 15 Step left foot back a ½ turn left
- 16 Scuff right foot forward

RIGHT LOCK SHUFFLE, LEFT SCUFF, LEFT LOCK SHUFFLE, RIGHT SCUFF, RIGHT STEP, HOLD, ½ PIVOT LEFT, RIGHT SCUFF, JAZZ BOX (OTS)

- 17-19 Forward right lock shuffle
- 20 Scuff left foot forward
- 21-23 Forward left lock shuffle
- 24 Scuff right foot forward
- 25-26 Step right foot forward, hold position
- 27-28 Pivot ½ turn left, scuff right foot forward
- 29-32 Jazz box on-the-spot, with left foot stomp beside right

RIGHT SIDE STEP/LEFT DRAG TO RIGHT (2 COUNTS), LEFT STOMP

- 33 Step right foot a long step to right side
- 34-35 Drag left foot to place beside right (over 2 counts)
- 36 Stomp left foot in place beside right

RIGHT CHASSE, HOLD, RIGHT BACK ROCK/RECOVER, RIGHT SIDE STEP, LEFT STEP BESIDE RIGHT

- 37-39 Right chasse
- 40 Hold position
- 41-42 Rock left foot behind right, recover weight onto right foot
- 43-44 Step left foot to left side, step right foot in place beside left

LEFT CHASSE, HOLD, RIGHT BACK ROCK/RECOVER, RIGHT SIDE STEP, LEFT STEP BESIDE RIGHT

- 45-47 Left chasse
- 48 Hold position
- 49-50 Rock right foot behind left, recover weight onto left foot
- 51-52 Step right foot to right side, step left foot in place beside right

RIGHT BACK POINT, HOLD, ½ PIVOT RIGHT (2 COUNTS-STEP WEIGHT ONTO RIGHT), LEFT MAMBO ROCK BACK, HOLD

53-54 Point right foot behind left, recover weight onto left foot
55-56 Pivot a ½ turn right over 2 counts stepping weight onto right foot
57-59 Left mambo rock back
60 Hold position (and clap hands)

RIGHT BACK POINT, HOLD, ½ PIVOT RIGHT (2 COUNTS-STEP WEIGHT ONTO RIGHT), LEFT MAMBO ROCK BACK (½-LEFT), RIGHT SCUFF

61-62 Point right foot back, hold position
63-64 Pivot a ½ turn right over 2 counts stepping weight onto right foot
65-66 Rock left foot forward, recover weight back onto right foot
67-68 Step left foot back a ½ turn left, scuff right foot forward

SECTION B (VERSE)

RIGHT STOMP, HOLD, LEFT STOMP, HOLD, FORWARD RIGHT COASTER, HOLD, TRIPLE STEP (½-LEFT), RIGHT SCUFF, RIGHT VINE WITH LEFT SCUFF

1-2 Stomp right foot forward, hold position
3-4 Stomp left foot forward, hold position
5-7 Forward right coaster step
8 Hold position (and clap hands)
9-11 Triple step ½ turn left, stepping-left, right, left
12 Scuff right foot forward
13-16 Right grapevine with left scuff forward

LEFT CROSS ROCK/RECOVER, LEFT SIDE STEP/RIGHT TOE TOUCH, RIGHT SIDE STEP/LEFT TOE TOUCH, LEFT SIDE STEP(¼-LEFT)/RIGHT SCUFF

17-18 Cross rock left foot over right, recover weight onto right foot
19-20 Step left foot to left side, touch right toe beside left foot (and clap hands)
21-22 Step right foot to right side, touch left toe beside right foot (and clap hands)
23-24 Step left foot to left side a ¼ turn left, scuff right foot forward

RIGHT VINE WITH LEFT SCUFF, LEFT CROSS ROCK/RECOVER, LEFT SIDE STEP, RIGHT TOE TOUCH

25-28 Right grapevine with left scuff forward
29-30 Cross rock left foot over right, recover weight back onto right foot
31-32 Step left foot to left side, touch right toe beside left foot

RIGHT STEP, HOLD, ½ PIVOT LEFT (2 COUNTS), STOMPS FORWARD (RIGHT-LEFT-RIGHT), HOLD

33-34 Step right foot forward, hold position
35-36 Pivot ½ turn left over 2 counts
37-39 Stomps forward-right, left, right
40 Hold position (and clap hands)

LEFT SIDE STEP, HOLD, RIGHT STEP BESIDE LEFT, HOLD, LEFT CHASSE, HOLD

41-42 Step left foot to left side, hold position
43-44 Step right foot beside left foot, hold position
45-47 Left chasse
48 Hold position

RIGHT HEEL FORWARD, HOLD, RIGHT TOE BACK, HOLD, RIGHT HEEL FORWARD, RIGHT TOE TOUCH, RIGHT HEEL FORWARD, HOLD

49-50 Touch right heel forward, hold position
51-52 Touch right toe back, hold position
53-54 Touch right heel forward, touch right toe beside left foot
55-56 Touch right heel forward, hold position

RIGHT STOMP (¼-RIGHT), HOLD, LEFT STOMP, HOLD

57-58 Stomp right foot down to floor beside left foot a ¼ turn right, hold position

59-60 Stomp left foot beside right, hold position

SECTION C (GUITAR SOLO)

1-32 Steps 1 to 32 of Section B

SECTION D (GUITAR SOLO)

1-28 Steps 33 to 60 of Section B
