

The Worrying Kind

拍數: 32 牆數: 4 級數: Improver
編舞者: Annica Lindmark & Monika Ranudd
音樂: The Worrying Kind - The Ark



STEP, TOUCH, STEP, TOUCH, BACK, LOCK, BACK, TOUCH

- 1-2 Step left foot diagonally left forward, touch right foot beside left foot
- 3-4 Step right foot diagonally right backwards, touch left foot beside right foot
- 5-6 Step left foot diagonally left backwards, cross right foot in front of left foot
- 7-8 Step left foot diagonally left backwards, touch right foot beside left foot

Optional: shimmy shoulders for count 1-8

MONTEREY ½ TURN, KICK, OUT, OUT, HEEL PUMP TWICE, HITCH

- 1-3 Point right toe to right side, turn ½ right stepping right foot beside left foot, point left toe to left side
- 4&5 Kick left foot forward, step out on left foot, step out on right foot
- 6-7 Pump heels twice with knees bent
- 8 Hitch left knee

SIDE, KNEE ROLL, TURN ¼, FLICK, STEP, FLICK, TURN ¼, FLICK

- 1-2 Step left foot to left side, roll right knee in
- 3-4 Roll right knee out and turn ¼ right stepping on to right foot, flick left foot behind right
- 5-6 Step left foot to left side, flick right foot behind left foot
- 7-8 Turn ¼ right step right foot forward, flick left foot behind right foot

Optional: place hands on the thighs for count 4-8

ROCK, RECOVER, TOUCH, UNWIND ¾, POINT, BACK, TOUCH BALL STEP

- 1-2 Rock left foot to left side, recover back on right foot
- 3-4 Touch left foot behind right foot, unwind ¾ to left, (weight ends on left foot)
- 5-6 Lean backwards and point right toe diagonally right forward, cross right foot behind left foot
- 7&8 Touch left foot forward, step on ball left foot, step right foot forward

REPEAT

TAG A

After wall 4 and wall 8 Tag A&B is needed

LEFT PRESS STEP, HEEL PUMP X3, RIGHT PRESS STEP, HEEL PUMP X3

- 1-4 Step left foot diagonally left forward and press onto left toe, pump left heel 3 times
- 5-8 Step right foot diagonally right forward and press onto right toe, pump right heel 3 times

TAG B

After wall 5 Tag B is needed

STEP, TOUCH, STEP, TOUCH

- 1-2 Step left foot diagonally left forward, touch right foot beside left foot
- 3-4 Step right foot diagonally right backwards, touch left foot beside right foot

Optional: shimmy shoulders for count 1-4

ENDING:

- 1-4 Dance the first 4 counts of section 1
- 5-7 Turn ½ left stepping out on left foot towards front wall, step out on right foot, throw your hands in the air, strike a pose

