

Instant Radiation

拍數: 32 牆數: 4 級數: Improver
編舞者: Andrew Palmer (UK) & Simon Cox (UK)
音樂: Chain Reaction - Steps



LEFT HEEL-JACK, LEFT STEP DOWN, TOUCH RIGHT, RIGHT KICK BALL CHANGE, RIGHT ROCK RECOVER, RIGHT SHUFFLE BACK

&1&2-3&4 Step back right, touch left heel forward, step down left, touch right beside left, right kick-ball change
5-6-7&8 Rock right forward, recover, right shuffle back

STEP ½ TURN LEFT, TOUCH RIGHT SIDE RIGHT, RIGHT CROSS SHUFFLE, STEP LEFT BACK, STEP RIGHT SIDE RIGHT, LEFT CROSS SHUFFLE

1-2-3&4 ½ turn left step left forward, (6:00) touch right side right, right cross shuffle
5-6-7&8 Step left back, step right side right, left cross shuffle

4 HIP SWAYS RIGHT, LEFT, RIGHT, LEFT, KICK RIGHT, RIGHT ROCK RECOVER, CROSS UNWIND ½ TURN LEFT

1-2-3-4 Step right side right as sway hips right, sway hips left, right, left
5&6 Kick right across left, rock right side right, recover
7-8 Cross right over left, unwind ½ turn left

JAZZ JUMP FORWARD AND BACK, HEEL RAISE TWICE, BOX WITH ¼ TURN RIGHT

&1&2 Small jump forward right, left, small jump back right, left
&3&4 Raise both heels off floor, replace, raise both heels off floor, replace
5-6-7-8 Cross right over left, step back on left, step right ¼ turn right, step left in place beside right

REPEAT
