

Hole In The Head

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Neville Fitzgerald (UK)
音樂: Hole in the Head - Sugababes



STEP, ROCK & HEEL & STEP, TURN ROCK, CROSS & HEEL

1-2& Step forward on left, rock back on right, step left next to right
3&4 Touch right heel forward, step right next to left, step forward left
5-6 Making $\frac{1}{4}$ turn left rock right to right side, recover on left
7&8 Cross right over left, step left to left side, touch right heel forward

& CROSS UNWIND $\frac{1}{2}$, ROCK STEP, SIDE BEHIND & CROSS POINT

&1-2 Step right next to left, cross left over right, unwind $\frac{1}{2}$ turn right
3-4 Rock right behind left, recover on left
5-6 Step right to right side, step left behind right
&7-8 Step right to right side, cross left over right, point right to right side

& POINT, TURN, ROCK STEP, $\frac{1}{2}$, $\frac{1}{4}$, BEHIND & CROSS

&1-2 Step right next to left, point left to left side, keeping left pointed turn $\frac{1}{4}$ left on ball of right
3-4 Rock back on left, recover on right
5-6 Make $\frac{1}{2}$ turn right stepping back on left, $\frac{1}{4}$ turn right stepping right to side
7&8 Step left behind right, step right to side, cross left over right

SIDE ROCK, SAILOR $\frac{1}{4}$, ROCK & FULL TURN

1-2 Rock right to right side, recover on left
3&4 Step right behind left, make $\frac{1}{4}$ turn right stepping left to side, step right next to left
5-6 Rock forward left, recover right
7-8 Make $\frac{1}{2}$ turn left stepping forward left, $\frac{1}{2}$ turn left stepping back right

Option: walk back left-right

ROCK & SHUFFLE, TOE SWITCHES, PIVOT $\frac{1}{4}$ LEFT

1-2 Rock back on left, recover right
3&4 Step forward left, step right next to left, step forward left
5&6 Touch right toe forward, step right next to left, touch left toe forward
&7-8 Step left next to right, step forward right, pivot $\frac{1}{4}$ left

CROSS, SIDE, BEHIND, ROCK & CROSS, $\frac{1}{4}$, $\frac{1}{4}$, STEP

1-2-3 Cross right over left, step left to left side, step right behind left
4&5 Rock left to left side, recover on right, cross left over right
6-7-8 Make $\frac{1}{4}$ turn left stepping back on right, $\frac{1}{4}$ left stepping left to side, step forward right

REPEAT

TAG

End of wall 2

ROCK & TRIPLE $\frac{1}{2}$, STEP PIVOT $\frac{1}{2}$, RIGHT SHUFFLE

1-2 Rock forward left, recover right
3&4 $\frac{1}{2}$ Turn shuffle to left stepping left-right-left
5-6 Step forward right, pivot $\frac{1}{2}$ to left
7&8 Step forward right, step left next to right, step forward right