

Gnarly

拍數: 0 牆數: 4 級數: Intermediate
編舞者: Barry Durand (USA)
音樂: Crazy - Gnarls Barkley



Sequence: AAB, AAB, AAB, A, (Part B will only start when you face the front wall)

PART A

STEP, MAMBO, SYNCOPATED LOCK, COASTER STEP

- 1-2&3 Step right, mambo forward left-right-left by rocking forward left, recover weight right, step together or slightly back left
- 4 Hold
- &5&6 Step back right, lock step in front left, step back right, step back left
- 7&8 Coaster step back with right-left-right by stepping back right, together left, forward right

¼ TURN SLIDE, SWAYS, SIDE SHUFFLE, TURN RONDE

- 1-2 ¼ turn right and big step left (slide), bring right to left with a tap
- 3-4 Step side right (sway), transfer weight to left (sway)
- 5&6 Side shuffle right, left, right but turn ¼ turn to right on the last right

On the 4th time through Part A, you can replace counts 5&6 (side shuffle) with a hop hop, hop. Make sure to take weight on right on the last hop. This hits when he sings "Ha, Ha, Ha"

- 7-8 Step forward left, turn ½ turn to the right while sweeping (ronde) the right foot (this move feels like a pivot turn type of action but weight stays on left while sweeping right)

POR-TI-SERE (JAZZ BOX SWEEP), HITCH LEAN BACK

- 1&2 Cross right behind left, step left side and slightly forward, step forward right
- 3&4 Cross left over right, step back right, step back left while sweeping right
- 5&6 Cross right behind left, step left side and slightly forward, step forward right
- 7-8 Hitch left up leaning back bending right knee, step forward left

SHUFFLE, STATIONARY PIVOT, SHUFFLE, KICK BALL CHANGE

- 1&2 Shuffle forward right, left, right
- 3-4 Stationary pivot by stepping forward left, turn ½ turn to right and step in place right
- 5&6 Shuffle forward left, right, left
- 7&8 Kick ball change by kicking right, rocking back on right, recover in place left

PART B

SWEEP ¼ TURN, SHUFFLE, WALKS, KICK BALL CHANGE

- 1-2 Step forward right, turn ¼ turn left sweeping right around
- 3&4 Shuffle forward left, right, left
- 5-6 Walk forward right, left
- 7&8 Kick ball change by kicking right, rock back right, recover in place left

- 9-32 Repeat the first 8 counts 3 more times till you get back to front wall