

Explosive

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Janet Billington (UK) & Joy Layer (UK)
音樂: Out of Habit - BR5-49



WALK, COASTER, ¼ TURNS, HEEL, HOOK, HEEL, TOGETHER

1-2 Step forward right step forward left.
3&4 Step back right, step back left. Step forward right
5-6 Step forward left, step forward right
7&8 Step back left, step back right, step forward left
9-10 Step forward right turning a quarter left
11-12 Repeat steps 9 & 10
13 Right heel forward
14 Right heel hook in front of left leg
15 Right heel forward
16 Right heel step together next to left

LEFT CHASSE, ROCK, BEHIND, CROSS, SHUFFLE, TURN

17&18 Step left to left side. Close right beside left. Step left to left
19 Rock right behind left
20 Rock weight onto left
21-22 Step right to right side. Cross left behind right
&23 Step right to right side. Cross left over right
24 Step right to right side
25-26 Step left to left side. Cross right behind left
27&28 Step left to side making ¼ turn. Slide right to left. Step left forward
29-30 Step forward right ½ turn over left shoulder
31-32 Repeat steps 29-30

KICK, SIDE, CROSS, UNWIND, SHUFFLE, ROCKS, BUMPS

33&34 Kick right forward step in place. Kick left to left side
35-36 Cross left over right unwind ½ turn over right shoulder
37&38 Step right forward close left beside right step forward right
39-40 Rock forward left. Rock back right
41&42 Step back left. Close right beside left. Step back left
43-44 Rock back right rock forward left
45&46 Bump right hip forward, left hip back, right hip forward
47-48 Step forward left

HIPS, STEP, TURN, HEELS, SHIMMIES

49&50 Repeat steps 45 & 46
51-52 Repeat steps 47-48
53-54 Step right forward ¼ turn left
55-56 Repeat steps 53-54
57& Touch right heel forward step right beside left
58& Touch left heel forward step left beside right
59&60 Touch right heel forward step forward weight onto right foot
61-62 Forward shimmy
64-64 Back shimmy

REPEAT

