

# Double Trouble

拍數: 32      牆數: 4      級數:  
編舞者: Peter Metelnick (UK) & Sean Lloyd (UK)  
音樂: Bad Moon Rising - Nashville Cats



## RIGHT ROCK FORWARD, RECOVER TURNING ¼ RIGHT, RIGHT & LEFT HEEL SWITCHES, REPEAT TWICE

- 1-2      Step right foot forward and rock forward, recover weight on left foot while turning ¼ right
- 3&      Touch right heel forward, step right foot together
- 4&      Touch left heel forward, step left foot together
- 5-6      Step right foot forward and rock forward, recover weight on left foot while turning ¼ right (now facing rear wall)
- 7&      Touch right heel forward, step right foot together
- 8&      Touch left heel forward, step left foot together

## LEFT BACK, RIGHT CROSS STEP, LEFT TO LEFT & RIGHT KICK FORWARD, ¼ RIGHT & RIGHT SHUFFLE FORWARD

- &1      Step left foot back, cross step right foot over left
- 2      Step left foot slightly to left side and kick right foot forward at same time (angle body slightly to the right)
- 3&4      Turning ¼ right step right foot forward, step left foot together, step right foot forward

## LEFT FORWARD, TWIST HEELS OUT & IN, RIGHT FORWARD, TWIST HEELS OUT & IN

- 1      Step left foot forward
- &2      With feet apart & weight on balls of both feet -- turn heels out, turn heels in (weight ends on left foot)
- 3      Step right foot forward
- &4      With feet apart & weight on balls of both feet -- turn heels out, turn heels in (weight ends on right foot)

## LEFT ROCK FORWARD & BACK, LEFT FORWARD, ½ RIGHT PIVOT TURN, LEFT FORWARD SLIDE RIGHT TOGETHER

- 1-2      Step left foot forward and rock forward, recover weight on right foot
- 3-4      Step left foot back and rock back, recover weight on right foot

Variation: double time the rock steps as follows:

**1&2&---**step left foot forward and rock forward, recover weight on right foot, step left foot back and rock back, recover weight on right foot

**3&4&---**repeat 1&2&

- 5-6      Step left foot forward, pivot ½ right
- 7-8      Step left foot forward, slide right foot together keeping weight on left foot

Variation: full turn (turning right and moving forward)

**7&8---**step left foot forward starting to turn right, step on right continuing turn, step left foot forward completing a full turn moving forward

## BOOGIE WALK-SHAKE IT!

- 1&2      Step right foot forward and bump hips right, bump hips left, bump hips right
- 3&4      Step left foot forward and bump hips left, bump hips right, bump hips left
- 5-8      Repeat 1-4

**REPEAT**