

The Destroyer

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Christopher Petre (USA)
音樂: There Is No Alternative - Tina Sugandh



RIGHT SHUFFLE LEFT DIAGONAL, LEFT SIDE ROCK STEP, LEFT CROSSING SHUFFLE, RIGHT SIDE, ¾ LEFT HITCH

1&2 Shuffle forward right, left, right towards left corner
3-4 Rock left to left side, recover on right
5&6 Cross step left over right, step right to right side, cross step left over right

Restart 2 here

7-8 Step right to right side, turn ¾ left (3:00) hitching left knee (weight on right)

Left SHUFFLE, RIGHT ROCK STEP, ¼ RIGHT BALL-LEFT CROSS, HOLD, RIGHT BALL-LEFT HOME, RIGHT BALL-LEFT TOUCH

1&2 Shuffle forward left, right, left
3-4 Rock forward on right, recover on left (restarts 1 and 3 here)
&5-6 Step back on right turning ¼ right (6:00), cross step left over right, hold for count 6
&7&8 Step right to right, step together left, step right to right, touch left toe next to right

¼ LEFT SHUFFLE, ½ LEFT, ½ LEFT, RIGHT SWEEP FORWARD, RIGHT CROSS, LEFT BACK, ½ RIGHT, ½ RIGHT, RIGHT SWEEP BACK

1&2 Step left to left side, step together right, turn ¼ left (3:00) step forward left
&3-4 Turn ½ left stepping back on ball of right, turn ½ left stepping on left, sweep right foot forward over left
5-6 Cross step right over left, step diagonally back to left on left
&7-8 Turn ½ right stepping on ball of right, turn ½ right stepping back on left, sweep right foot back behind left

COASTER CROSS, ¼ LEFT, ¼ LEFT HITCH RIGHT, RIGHT CROSSING SHUFFLE, LEFT SIDE, ¾ RIGHT HITCH

1&2 Step right behind left, turn ¼ right (6:00) stepping left next to right, cross step right over left
3-4 Turn ¼ left (3:00) stepping forward on left, hitch right knee as you turn ¼ left (12:00)
5&6 Cross step right over left, step left to left side, cross step right over left traveling to the 9:00 wall
7-8 Step left to left side, turn ¾ right (9:00) hitching right knee (weight on left)

REPEAT

INTRO

The intro is for the 16 counts of percussion immediately preceding the lyrics. Allow the first 4 beats to pass. On counts 5-6 "pulse" by doing a small forward body roll (mostly shoulders). Repeat the pulse again on counts 1-2 and 5-6 again. On counts 7 the following movements are done simultaneously to hit a pose on count 8 (look up "Shiva" for an image!) Swing left arm outward from the body to above head and bring to center, palm facing right, bring right up in front of body under left hand with palm facing left and fingers pointed down, hook right foot and flex (point heel down) in front of left shin while bending left knee outward

RESTART

In order to do the restart that is 16 counts into the 3rd wall (starting on rear) you will have to modify the dance as follows. When she sings "break me, break me" you will dance only up to count 12 (recover on left where you will be facing the 9:00 side wall); add these 4 counts

1-4 Rock back on right, recover left, brush right diagonally right forward, hitch right toes pointed down, bringing leg across body to left

Raise both arms outward from body as you brush and continue until overhead. Bring arms down thru center as you restart the dance (wall 4) on the side wall

RESTART

On the 5th wall (second time starting on rear wall) dance to count 6; add these 2 counts

7-8 Begin by brushing right diagonally out to right side keeping leg straight, flex your foot (point heel down) at the same time raise arms putting elbows out at shoulder level face palms inward as you look to right. Bring arms down thru center as you restart the dance (wall 6) on rear wall

RESTART

On the 8th wall: in order to do the restart that is 16 counts into the 8th wall (starting on front) you will have to modify the dance as follows. When she sings "break me, break me" you will dance only up to count 12 (recover on left where you will be facing the 3:00 side wall); add these 4 counts

1-4 Rock back on right, recover left, brush right diagonally right forward, hitch right toes pointed down, bringing leg across body to left

Raise both arms outward from body as you brush and continue until overhead. Bring arms down thru center; restart the dance on this side wall

FINALE

The last wall of the dance is started on the front wall and lasts only to count 21 of the dance (sweep forward into the cross step). You will be facing the 3:00 side wall when this happens. For count 20, turn $\frac{1}{4}$ left to face the front wall as you sweep. On count 21 bow head and bring hands into the same position as in the intro. (left hand in front of body with palm facing right, right hand below left with palm facing left and fingers pointed down.)
