Deton-8 (Det-On-Ate)



拍數: 48 牆數: 4 級數: Intermediate

編舞者: Neil Cook (UK)

音樂: Galvanise - The Chemical Brothers



Start dancing after words "Don't Hold Back"

LEFT TOUCHES FRONT, BACK, FRONT, RIGHT TOUCHES FRONT, BACK TWICE, RIGHT KICK BALL CROSS

Touch left in front of right
Touch left behind right
Touch left in front of right

&4 Step down on left and touch right in front of left

5&6 Touch right behind left twice

7&8 Kick right foot forward, step right in place, step left across right

ROCK AND CROSS, SCUFF AND JUMP, ROCKING TURN, RIGHT SHUFFLE BACK

1&2 Rock right to right side, recover weight onto left, and cross right over left

3 Scuff left forward

4 Jump to left side on both feet

5&6 Rock left out to left side, make ½ turn over left shoulder recovering weight onto right and step

left in place (6:00)

7&8 Step back right, step left next to right and step back right

COASTER STEP, ¼ LEFT TURN WITH SYNCOPATED GRAPEVINE RIGHT, AND POINT HOLD, CROSS POINT HOLD

1&2 Step back on left, step right next to left, step forward on left

3&4 Make a ¼ turn to left stepping right to right side, step left behind right, step right to right (3:00)

&5 Step left behind right, and point right out to right side

6 Hold

&7 Step right across left, and point left out to left side

8 Hold

KICK BALL POINT, KICK BALL TOUCH, FULL TURN ON SPOT, CROSSING SHUFFLE

1&2 Kick left forward, step left in place and point right foot to right side 3&4 Kick right forward, step right in place and touch left in place

5 Step left to left side making ½ turn over left shoulder on the spot (9:00)

6 Step right across left completing a second ½ turn (3:00)

7&8 Cross left over right, step right to right side and cross left over right

SIDE BEHIND 1/4 TURN KICK, COASTER STEP, STEP, STEP 1/4 TURN, HINGE 1/2 TURN INTO SHUFFLE

Step right to right side, and step left behind rightMake ¼ turn to right kicking right forward (6:00)

3&4 Step back on right, step left next to right, step forward on right

5 Step left forward

Step right to right side making ¼ turn left (3:00)

Step left back making hinge ½ turn to left (9:00)

&8 Step right next to left, and step left forward (completing left shuffle forward)

WALK, STEP, RIGHT ARM PENDULUM, LEFT ARM PENDULUM INTO FACE TURNS TWICE, ½ TURN RIGHT

1 Walk forward on right

2	Step left next to right
3	Left arm pushes right arm to right side
&	Right arm continues swing around behind body, left arm moves to behind back
4	Right arm stops behind body, and left arm continues swing from behind out to left side
5	Left arm continues swing in front of body
6	Left arm pivots at elbow to bring hand up to face, pushing face to ¼ turn left
&7	Face turns back to front, and hand turns face back to face 1/4 turn left
8	Make ½ turn over right shoulder stepping forward right (3:00)

REPEAT