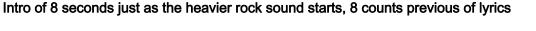
Detrimental Velocity

拍數: 32

級數: Intermediate

編舞者: lisakki Yrjänä Johannes

音樂: Maximo Park - Our Velocity



SIDE ROCK, BEHIND SIDE, ROCKING CHAIR/ STEP BALL TURN, TOE STRUTS

- 1&2& Rock right to right side, recover on left, cross right behind left, step left to left
- 3&4& Rock right forward, recover left in place, rock right back, recover left in place
- 5&6 Step right forward, make 1/2 turn right closing left foot, step right forward
- 7&8& Touch left toe forward, drop left heel, touch right toe forward, drop right heel

SIDE MAMBO LEFT, HEEL GRIND ¼ CROSS LEFT, SIDE ROCK, 2 STEP WEAVE, RIGHT LOCK STEP

- 1&2 Rock left to left, recover right, close left
- 3&4& Grind right heel from left to right taking weight on right heel, 1/4 right stepping left back, step right to right, cross left over right
- 5&6& Rock right to right, recover left, cross right behind left, step left to left and slightly forward
- 7&8& Step right forward, lock left behind right, step right forward, touch left toes behind right heel

BACK HITCH, BACK LOCK STEP, & ROCK RECOVER, ¼ HITCH, SAILOR TOGETHER BACK

- 1& Step left back, hitch right knee up
- 2&3 Step right back, lock left over right, step right back
- &4&5 Close left, rock forward right, recover left starting to make 1/4 right, hitch right knee to right side making the 1/4 turn right (12:00)
- 6& Cross right behind left, step left to left side
- 7&8 Step right to right side, close left, step right back

ROCK BACK ½, & BACK TRIPLE, COASTER STEP, SAILOR STEP TOUCH

- 1&2 Rock back left, recover right, make ¹/₂ right stepping left back
- &3&4 Close right, triple back left, right, left
- 5&6 Step right back, close left, step right forward
- &7&8 Cross left behind right, step right to right side, step left to left side, touch right in place

REPEAT

RESTART

During wall 4 (starts facing 6:00 wall), dance 12 counts of the dance and restart the dance after the left side mambo (11&12) where you will now be facing the 12:00 wall. Restart the dance from count 1. Dance through 'til the end

On the first wall you may feel like you have gone out of phrasing after the first 8 counts but wall 2 comes back on fully phrased





牆數:2