

Dangerous

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Sandy Collins (USA) & Dottie Wicks (USA)
音樂: Armed & Dangerous - Steven Graig Harding



HEEL HITCH/SWIVELS

- 1-2 Tap right heel forward and hitch over left knee
- 3-4 Tap right heel forward and bring back to home position
- 5-8 Swivel heels left, right-left-right (option: twist at knees during swivel steps)

HEEL HITCH/HALF TURN

- 1-2 Tap left heel forward and hitch over right knee
- 3-4 Tap left heel forward and touch left toe straight back
- 5-6 Step forward with left foot, step forward and put weight on right foot
- 7 Turn ½ turn to left putting weight on left foot
- 8 Dig right heel forward to 1:00 position

SKIP BACKS/JACK/HALF TURN

- 1-4 Skip back right-left-right, left
- 5 Jump jack out
- 6 Finish jack-jump left in cross right over left
- 7 Unwind ½ turn to left
- 8 Jump slightly forward and clap

LUNGE STEPS WITH HEEL DROPS

- 1 Take big step right with right foot
- 2 Slide left foot to right
- 3-4 With weight on toes drop heels two times
- 5 Take big step left with left foot
- 6 Slide right foot to left
- 7-8 With weight on toes drop heels two times

HEEL SWITCHES/DOUBLE HEEL TAPS

- 1 Right heel dig in front at 2:00
- 2 Bring right foot back and dig left heel in front at 10:00
- 3-4 Bring left back and tap right heel in front two times at 2:00
- 5 Bring right heel back and dig left heel in front at 10:00
- 6 Bring left foot back and dig right heel in front at 2:00
- 7-8 Bring right foot back and tap left in front two times at 10:00

VINE/QUARTER TURN/CROSS/UNWIND

- 1-4 Vine to left with a ¼ to left -scuff right foot on count 4
- 5 Cross right over left
- 6-7 Unwind to left a full turn
- 8 Hop forward on both feet and clap

SHUFFLE STEPS/PUSH TURN

- 1&2 Shuffle step right-left-right
- 3&4 Shuffle step left-right-left
- 5-6 Pivot ¼ turn to left pushing off with right foot bring right toe back next to left
- 7-8 Pivot ¼ turn to left pushing off with right foot bring right toe back next to left

KNEE ROLLS

- 1-2 Roll right knee full turn to right
- 3-4 Roll left knee full turn to left
- 5 Roll right knee full turn to right
- 6 Roll left knee full turn to left
- 7-8 Bring knees into center and bump together two times

REPEAT
