

Dazed

拍數: 32 牆數: 4 級數: Improver
編舞者: Bryan McWherter (USA)
音樂: Days In Avalon - Richard Marx



CROSS ROCK, RECOVER, STEP, CROSS ROCK, RECOVER, STEP, CROSS STEP, ¼ TURN, CROSS ROCK, RECOVER, STEP

- 1&2 Cross rock right foot in front of left, recover weight back to left, step right slightly out to right side
- 3&4 Cross rock left foot in front of right, recover weight back to right, step left slightly out to left side
- 5&6 Cross step right in front of left making a ¼ turn to your left, step back onto your left making a ½ turn to your right, step right out to the right side making a ¼ turn to your right
- 7&8 Cross rock left foot in front of right, recover weight back to right, step left slightly out to left side

Count 5 is a prep for your turn.

BUMP, BUMP, ¼ TURN, ½ TURN, COASTER STEP, SHUFFLE FORWARD

- 1-2 Bump right hip out to right side, bump left hip out to left side
- 3-4 Step right forward while making a ¼ turn to your right, step left forward while making a ½ turn to your right
- 5&6 Step back onto right, slide step left back next to right, step forward onto right
- 7&8 Step forward onto left, slide step right next to left, step forward onto left

Arm styling option: on counts 1-2 swing both arms to the right on count 1, then to the left on count 2

ROCK, RECOVER, ROCK, RECOVER, LONG STEP, DRAG, TOUCH, ROCK, RECOVER, ROCK, RECOVER, LONG STEP, DRAG, TOUCH

- 1&2& Rock right forward, recover back to left, rock right back, recover forward left
- 3-4 Long step right out to right side, drag left next to right and touch
- 5&6& Rock left forward, recover back to right, rock left back, recover forward to right
- 7-8 Long step left out to left side, drag right next to left and touch

ROCK, RECOVER, COASTER STEP, ROCK, RECOVER, TRIPLE TURN

- 1-2 Rock right forward, recover back to left
- 3&4 Step back onto right, step left next to right, step forward onto right
- 5-6 Rock left forward, recover back to right
- 7&8 Step forward onto left foot making a ½ turn to your left, step forward onto your right foot making a ½ turn to your left, step forward onto your left foot making a ½ turn to your left

Option: on counts 7&8 you can do a simple ½ turn shuffle

REPEAT