

Dazed And Confuzed

拍數: 40 牆數: 4 級數: Intermediate
編舞者: William Sevone (UK)
音樂: Cry Cry Baby - The Lynns



2X RIGHT HEEL BALL CROSS, 2X TOUCH-CROSS, SIDE STEP, ½ RIGHT

- 1 Touch right heel diagonally forward
- &2 Step backwards onto right toe, cross left foot over right
- 3 Touch right heel diagonally forward
- &4 Step backwards onto right toe, cross left foot over right
- 5& Touch right toe to side, touch right toe across left foot
- 6& Touch right toe to side, touch right toe across left foot
- 7 Step right foot to side
- 8 Spinning on ball of right foot - turn ½ right

2X LEFT HEEL BALL CROSS, 2X TOUCH-CROSS, SIDE STEP, ½ LEFT

- 9 Touch left heel diagonally forward
- &10 Step backwards onto left toe, cross right foot over left
- 11 Touch left heel diagonally forward
- &12 Step backwards onto left toe, cross right foot over left
- 13& Touch left toe to side, touch left toe across right foot
- 14& Touch left toe to side, touch left toe across right foot
- 15 Step left foot to side
- 16 Spinning on ball of left foot - turn ½ left

2X DIAGONAL SHUFFLES FORWARD, STEP FORWARD, ROCK BACK, 2X DIAGONAL SHUFFLES BACK,

- 17&18 Left diagonal shuffle forward - stepping right, left, right
- 19&20 Right diagonal shuffle forward - stepping left, right, left
- 21-22 (Turning slightly to face home wall) step forward onto right foot, rock back onto left foot
- 23&24 Left diagonal shuffle backwards - stepping right, left, right
- 25&26 Right diagonal shuffle backwards - stepping left, right, left

Dance note: when completed 'diagonal shuffles' have formed a diamond pattern

STEP TOGETHER, 4X JUMPS, UNWIND ¾ LEFT WITH KNEE POP

- 27 (Turning slightly to face home wall) step right foot next to left
- 28 Jump feet apart (shoulder width)
- 29 Jump feet together - with left foot crossing over right
- 30 Jump feet apart (shoulder width)
- 31 Jump feet together - with right foot crossing over left
- 32& Unwind ¾ left and (with right heel raised) pop right knee to left

4X KNEE POPS, RIGHT GRAPEVINE WITH KNEE POP, 4X KNEE POPS

- 33& Pop right knee to right, left knee to right
- 34& Pop right knee to right, left knee to right
- 35-38 Step right foot to side, step left foot behind right, step right foot to side, pop left knee next to right
- 39& Pop left knee to right, right knee to left
- 40& Pop left knee to right, right knee to left

REPEAT

