

Deep Trouble

拍數: 32 牆數: 4 級數: Improver
編舞者: Lori Wong (USA)
音樂: Trouble - Mark Chesnutt



Start the dance with the vocals. This dance is choreographed to the breaks in the song -feel free to add your own style for the breaks! Breaks do not occur on the 7th, 8th, 11th, and 12th repetition -replace the hold and hip rolls with shimmies (see below).

RIGHT TOE-HEEL, LEFT TOE-HEEL, RIGHT KICK FRONT, KICK SIDE, HOOK-BALL CHANGE:

1-2 Right toe touch forward; right heel step down
3-4 Left toe touch forward; left heel step down
5-6 Right kick front; right kick to side
7&8 Hook and step right foot behind left; step on ball of left foot in place; change weight and step to right with right foot

LEFT KICK FRONT, KICK SIDE, ¼ TURN LEFT AND HOOK-BALL-CHANGE, FORWARD TURNING TOE-HEEL STRUTS:

1-2 Left kick forward; left kick to side
3&4 Turn ¼ to left, hook and step left foot behind right; step on ball of right foot in place; change weight and step to left with left foot

(The next 7 counts travel in a line toward the left wall from your original starting wall)

5-6 Right toe touch forward; pivot ½ turn to right on ball of right foot and step right heel down
7-8 Left toe touch back; left heel step down (you will be facing the right wall, traveling backward)

½ TURN RIGHT TOE-HEEL STRUT, ROCK-STEP, BACK LEFT, RIGHT, LEFT, RIGHT:

1-2 Turn ½ to right and touch right toe forward; right heel step down (you will be traveling toward the left wall)
3-4 Rock forward and step on left foot; rock back onto right foot
5-8 Step back left; step back right; step back left; step back right (touch right on patterns 7 and 8 and 11 and 12)

ON BREAKS (PATTERNS 1-6, 9&10):

OUT-OUT-HOLD, ROLL HIPS RIGHT-LEFT-RIGHT-LEFT:

&1-2 Left step out to left; right step out to right; hold
3-4 Hold; hold
5-8 Roll hips in a circle to the left first to right, then left, then right, then left (weight transfers to left foot on 8)

OPTIONAL: look right on count 3, hold on count 4, look left on count 5, hold on count 6, bump hips right on count 7, bump hips left on count 8- play with the break and add your own style here

WITHOUT BREAKS (PATTERNS 7-8, 11-12):

SHIMMY RIGHT, SHIMMY LEFT:

1-4 Right step to right; push hips to right; push hips to right; left touch next to right
5-8 Left step to left; push hips to left; push hips to left; right touch next to left

REPEAT