

Damn

拍數: 0 牆數: 2 級數: Intermediate/Advanced
編舞者: Lucy Strack (USA) & Betty Maddox (USA)
音樂: Damn - LeAnn Rimes



Sequence: A, B, Bridge, Modified A 2x, B

SECTION A

TURN TORSO AND STEP RIGHT, RETURN, FULL TURN LEFT, CROSS ROCK TO LEFT DIAGONAL, 1/8 TURN RIGHT

- 1 Position left palm in front of stomach/extend right hand to the right with palm facing down, turn torso and step right foot to right
- 2 Drop hands to the side and change weight to left foot facing forward
- 3-4 Step with right foot and make a $\frac{1}{4}$ turn to left, continue to make a $\frac{3}{4}$ turn to left and step down on left foot
- 5 Extend right hand with palm facing forward to left diagonal; sweep down/cross rock with right foot to left diagonal
- 6 Rotate wrist so that palm faces up; sweep down with palm facing forward/return weight to left foot
- 7&8 Make a 1 $\frac{1}{8}$ turn to the right stepping right-left-right (you should be facing the right diagonal)

CAT WALK LEFT-RIGHT-LEFT-RIGHT, LEFT ROCK STEP, RETURN, SLIDE LEFT FOOT BACK TO FACE FORWARD, STEP RIGHT FOOT NEXT TO LEFT

- 1-4 Cross hands behind hips with palms facing out, exaggerated cat walk forward to right diagonal left-right-left-right
- 5-6 Drop hands/rock left foot forward, return weight to right foot (you are still facing the right diagonal)
- 7-8 Take a big step back and to the left with left foot to face forward, step right foot next to left and take weight

TURN TORSO AND STEP LEFT, RETURN, FULL TURN RIGHT, CROSS ROCK TO RIGHT DIAGONAL, 1/8 TURN LEFT

- 1 Position right palm in front of stomach/extend left hand to the left with palm facing down, turn torso and step left foot to left
- 2 Drop hands to the side and change weight to right foot facing forward
- 3-4 Step with left foot and make a $\frac{1}{4}$ turn to right, continue to make a $\frac{3}{4}$ turn to right and step down on right foot
- 5 Extend left hand with palm facing forward to right diagonal; sweep down/cross rock with left foot to right diagonal
- 6 Rotate wrist so that palm faces up; sweep down with palm facing forward/return weight to right foot
- 7&8 Make a 1 $\frac{1}{8}$ turn to the left stepping left-right-left (you should be facing the left diagonal)

CAT WALK RIGHT-LEFT-RIGHT-LEFT, RIGHT ROCK STEP, RETURN, SLIDE RIGHT FOOT BACK TO FACE FORWARD, STEP LEFT FOOT NEXT TO RIGHT

- 1-4 Cross hands behind hips with palms facing out, exaggerated cat walk forward to left diagonal right-left-right-left
- 5-6 Drop hands/rock right foot forward, return weight to left foot (you are still facing the left diagonal)
- 7-8 Take a big step back and to the right with right foot to face forward, step left foot next to right and take weight

SECTION B

ARM MOTIONS/STEP RIGHT, STEP RIGHT FOOT BEHIND LEFT, STEP LEFT FOOT NEXT TO RIGHT, ARM MOTIONS, CROSS LEFT FOOT OVER RIGHT, CAT WALK FORWARD RIGHT

- 1-2 Lean body/step right foot to right/look right and reach right arm to right with palm facing forward (1), rotate wrist so that palm faces up, pull elbow quickly towards waist/straighten body and change weight to left foot (2)
- 3-4 Step right foot behind left, step left foot next to right (you are still looking to the right)
- 5-6 Lean left/look left and reach left arm to left with top of hand facing forward (5), rotate wrist so that palm faces up, pull elbow quickly towards waist/straighten body and change weight to right foot (6)
- 7-8 Look forward/cross left foot over right foot, cat walk forward right

CAT WALK FORWARD LEFT-RIGHT-LEFT, ½ MILITARY TURN TO RIGHT, FULL TURN TO RIGHT (2X), STEP FORWARD LEFT-RIGHT

- 1-4 Cat walk forward left-right-left, make a ½ military turn to right with weight on right foot
- 5&6& Make full turn to right stepping left-right (5&), make another full turn to right stepping left-right
- 7-8 Step forward left-right

LEFT RONDE, ROCK BACK AND RETURN, RIGHT RONDE, ROCK BACK AND RETURN

- 1-2 Pointing toes to the floor, slightly lift left foot and swing to the side (1), step down
- 3-4 Rock back on right foot, return weight to left foot
- 5-6 Pointing toes to the floor, slightly lift right foot and swing to the side (5), step down
- 7-8 Rock back on left foot, return weight to right foot

STEP LEFT, ½ MILITARY TURN TO RIGHT, STEP LEFT, FULL SPIRAL TURN TO RIGHT, ROCK FORWARD ON LEFT, RETURN, MAKE 1 ½ TURN LEFT STEPPING LEFT-RIGHT-LEFT

- 1-2 Step forward on left foot, make a ½ military turn to the right
- 3-4 Step forward on left foot and make a full turn to the right hooking right foot next to left (3), step down on right foot
- 5-6 Rock forward on left foot, return weight to right foot
- 7&8 Make a 1 ½ turn to the left stepping left-right-left

MODIFIED SECTION A

Do first 16 counts of Section A, then entire Section B

On count 15 of Section A, extend left arm to the left while stepping back on left foot, return arm to the side while stepping right foot next to left on count 16.

BRIDGE

STEP RIGHT, FULL TURN RIGHT SWEEPING LEFT FOOT

- 1 Step slightly forward on right foot with toes pointing to right diagonal
- 2-4 Sweep left foot making a full turn to the right (2-3), step down on left foot (4)
-