

Complicated

拍數: 32 牆數: 2
編舞者: Larry Pizzini Jr. (USA)
音樂: Complicated - Avril Lavigne

級數: Intermediate/Advanced



ROCK, RECOVER, STEP, ROCK, RECOVER, STEP, STEP, ½ TURN, FULL TURN, ROCK, RECOVER

- 1 Rock back on right foot
- & Recover on left foot
- 2 Step forward at a 45 degree angle on right foot
- 3 Rock back on left foot
- & Recover on right foot
- 4 Step forward on left foot
- 5 Step forward on right foot
- 6 Pivot ½ turn (weight on left foot)
- 7& Make a traveling full turn to the left stepping right foot then left foot
- 8 Rock step right foot to right side
- & Recover on left foot

CROSS STEP, ROCK, RECOVER, CROSS STEP, ¼ STEP, STEP, ROCK, RECOVER, TRIPLE LOCK STEP, STEP

- 1 Cross step right foot in front of left foot
- & Rock to the left on left foot
- 2 Recover weight on right foot
- 3 Cross left foot in front of right foot
- & Step back on right foot making ¼ turn left
- 4 Step left foot to the left
- 5 Rock back on right foot
- 6 Recover on left foot
- 7&8 Triple lock step forward right-left-right
- & Step left foot forward

½ TURN, ¾ TURN, ROCK, RECOVER, STEP, MODIFIED VINE WITH ¼ TURN, STEP, ½ TURN, FULL TURN

- 1 Pivot ½ turn to the right (weight on right foot)
- &2 ¾ turn to the right traveling to the right stepping left foot then right foot
- 3 Cross rock left foot in front of right foot
- & Recover on right foot
- 4 Step left foot to the left
- 5 Cross right foot in front of left foot
- & Step left foot to the left
- 6 Cross right foot behind left foot
- & Step left foot to the left making ¼ turn left
- 7 Step right foot forward
- & Pivot ½ turn to the left (weight on left foot)
- 8& Make a traveling full turn to the left stepping right foot then left foot

ROCK, RECOVER, STEP, ROCK, RECOVER, ¼ STEP TURN, TOE, STEP, TOE, STEP

- 1 Rock forward on right foot
- & Recover on left foot
- 2 Step right foot back
- 3 Cross step left foot in front of right foot

- & Recover on right foot
- 4 Step left foot to the left making a ¼ turn left
- 5 Touch right toe forward
- 6 Step down on right foot
- 7 Touch left toe forward
- 8 Step down on left foot

REPEAT

TAG

After the 1st, 3rd, and 4th repetitions you will do this one

ROCK, RECOVER, STE, ROCK, RECOVER, STEP, STEP, ½ TURN, FULL TURN, ROCK, RECOVER

- 1 Rock back on right foot
- & Recover on left foot
- 2 Step forward at a 45 degree angle on right foot
- 3 Rock back on left foot
- & Recover on right foot
- 4 Step forward on left foot
- 5 Step forward on right foot
- 6 Pivot ½ turn (weight on left foot)
- 7& Make a traveling full turn to the left stepping right foot then left foot
- 8 Rock step right foot to right side
- & Recover on left foot

CROSS STEP, ROCK, RECOVER, CROSS STEP, STEP, STEP, TOE, STEP, TOE, STEP

- 1 Cross step right foot in front of left foot
- & Rock to the left on left foot
- 2 Recover weight on right foot
- 3 Cross left foot in front of right foot
- & Step back on right foot
- 4 Step left foot to the left
- 5 Touch right toe back
- 6 Step down on right foot
- 7 Touch left toe back
- 8 Step down on left foot

TAG

After the 2nd repetition, you will do this one

ROCK, RECOVER, STEP, ROCK, RECOVER, STEP

- 1 Rock back on right foot
 - & Recover on left foot
 - 2 Step forward at a 45 degree angle on right foot
 - 3 Rock back on left foot
 - & Recover on right foot
 - 4 Step forward on left foot
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