

Blight

拍數: 64 牆數: 0 級數:
編舞者: Tom Mickers (NL)
音樂: Hog Wild - Hank Williams, Jr.



HOP RIGHT FOOT BACK TWICE, STREETWISE RUNNING MAN, RUNNING MAN

- 1 Right foot hop back right at 45 degree angle
- & Hop back to center
- 2 Right foot hop back left at 45 degree angle
- & Hop back to center
- 3 Hop both feet out on angle - right foot at 1:30, left foot back at 7:30
- & Both feet to center
- 4 Hop both feet apart on angle - right foot at 4:30, left foot at 10:30
- & Both feet to center
- 5 Hop right foot forward as left goes back
- & Feet back in place
- 6 Hop left foot forward as right goes back
- & Feet back in place

SCUFF ¼ TURN, TOUCH, SCUFF ½ TURN, TOUCH, STEP, LOCK BEHIND

- 7& Right scuff, step down on right making ¼ turn left
- 8 Touch left heel forward(now made full ¼ turn left)
- & Step left foot in place
- 9& Scuff right foot forward, step right foot in place (starting to make ½ turn to left)
- 10 Touch left heel forward (now made ½ turn to left)
- & Step left in place
- 11-12 Step right foot forward, lock left foot behind right

1 & ¾ TURN TO LEFT WITH FULLY EXTENDED RIGHT LEG AND TOUCH

- 13-15 Turn on left foot 1 & 3/4 turns to left with right leg fully extended
- 16 Right touch beside left

SWITCH STEPS AND HOPS BACK

- 17& Touch right to right side, bring right back in place
- 18& Touch left heel forward, bring left back in place
- 19 Right heel touch forward
- &20 Touch right toe twice next to left as you hop back twice on left foot

TOUCH LEFT WITH KNEE ROLLS, ½ TURN TO LEFT

- & Right foot step in place
- 21 Touch left toe out
- 22-24 Keeping left toe on floor, roll left knee 4 times making ½ turn to left - weight ends on right foot

KICK, KICK, SYNCOPATED CROSS, MONTEREY TURN, WEIGHT CHANGE

- 25-26 Kick right foot forward twice
- & Step right foot in place
- 27 Left foot step out
- & Bring right foot into center
- 28 Cross left foot over right
- 29 Right touch to right side
- 30 Turn 1 full turn to right (to the right), stepping down on right (monterey turn)

- 31 Touch left out to left side
& Clap hands as you step left beside right
32 Touch right out to right side and clap hands

SNAKE ROLL WITH HANDS - 1 TO THE RIGHT AND 3 TO THE LEFT WITH ¼ TURN RIGHT

- 33 Left arm snake roll to the right (body facing forward)
34-36 Right arm 3 snake rolls with body slowly turning ¼ turn to the left

HEEL BOUNCES WITH ¼ TURN RIGHT AND PIVOT TURNS

- &37& Bounce heels 3 times turning ¼ turn right while head stays at 9:00
38 Turn head sharply to 12:00
39 Right touch back
40 Pivot ½ turn right
41 Left touch forward
42 Pivot ¼ turn to the right

ROCK STEPS, TURNS, LOCK STEPS

- 43 Rock left foot forward
& Rock onto right foot
44 Left foot rock back rock weight forward onto right
45 Cross right foot over left
46 Turn ¾ turn to the left and touch left heel forward
47& Left foot step forward, lock right foot behind left
48 Left foot step forward

INDIAN HIP HOP X4

- 49 Scuff right foot forward and do small hop on left foot
& Hop back on left foot (right foot still in the air)
50 Right foot cross over left and do small hop back
& Hitch left knee up beside right while right foot hops back
51-52 Repeat starting with left foot
53-56 Repeat full sequence

LOCK STEP, TURN 1 & ¾, CROSS OVER AND SLIDE

- 57 Right foot step forward
& Left foot lock behind right
58-59 Start a 1 ¾ turn to the left with fully extended leg
60 Stop turn with leg sweeping to the front
61 Right foot lock in front of left
& Step back on left foot
62-63 Slide to the right side
&64 Stomp left, then right in place

REPEAT
