

Bhangra Knights

拍數: 48 牆數: 4 級數: Intermediate
編舞者: Crazy Chris (UK)
音樂: Bhangra Knights vs. Husan (Radio Edit) - Husan



KICK BALL POINT, KICK BALL POINT, RIGHT SAILOR, LEFT SAILOR

1&2 Kick right forward, step right beside left, point left to left side
3&4 Kick left forward, step left beside right, point right to right side
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

SIDE ROCK RECOVER, ½ TURN ROCK & CROSS, SIDE ROCK RECOVER, SAILOR ¼

1-2 Rock right to right side, recover onto left
3&4 ½ turn over right shoulder stepping right to right side, recover onto left, cross right over left
5-6 Rock onto left to left side, recover onto right
7&8 Step left behind right, step right to right side, turn ¼ left stepping left forward

FULL TURN, SKATE SKATE, HEEL DIGS, ¼ ROCK AND CROSS

1-2 Step forward onto right turning ½ turn over left shoulder, step forward left turning ½ turn over left shoulder
3-4 Skate forward right, skate forward left
5&6& Dig right heel forward, step right next to left, dig left heel forward, step left next to right
7&8 Rock forward onto right, turn ¼ left stepping left to left side, cross right over left

SIDE BEHIND AND CROSS ¾ UNWIND, HEEL DIGS, SLIDE TOUCH

1-2 Step left to left side, step right behind left
&3-4 Step left to left side, cross right over left, unwind ¾ turn left
5&6& Dig right heel forward, step right beside left, dig left heel forward, step left beside right
7-8 Step large step forward with right leaning back slightly, step left beside right

CROSS STRUT, SIDE STRUT, CROSS ROCK, SIDE BEHIND SIDE

1-2 Cross right over left touching toe, step down on right
3-4 Step left to left side touching toe, step down on left
5-6 Cross rock right over left, recover onto left
7&8 Step right to right side, step left behind right, step right to right side

CROSS STRUT, SIDE STRUT, CROSS ROCK, SIDE BEHIND SIDE

1-2 Cross left over right touching toe, step down on left
3-4 Step right to right side touching toe, step down on right
5-6 Cross rock left over right, recover onto right
7&8 Step left to left side, step right behind left, step left to left side

REPEAT

On last 16 counts of the dance on counts 1,2,3,4 while doing the toe struts put your arms out to the sides with your elbows bent and palms facing upwards. Move them from side to side on a count of 1&2 &3 &4 then drop them to your sides for counts 5,6 7&8.