

Bad

拍數: 48 牆數: 4 級數: Advanced
編舞者: Michele Etherington (UK)
音樂: Bad - Michael Jackson



KICK & STEP, HEEL JACK, KICK & STEP, HEEL JACK

- 1&2 Kick right forward, step right beside left, step left to left side
- &3 Rock weight back onto right foot, touch left heel to left diagonal
- &4 Step left beside right, step right forward
- 5&6 Kick left forward, step left beside right, step right to right side
- &7 Rock weight back onto left foot, touch right heel to right diagonal
- &8 Step right beside left, step left forward

2X HITCH KICKS OVER ¼ TURN LEFT, SAILOR STEP, ¼ TURN LEFT, COASTER STEP, SCUFF

- &9 Hitch right knee, kick right heel towards floor starting ¼ turn left
- &10 Hitch right knee, kick right heel towards floor completing ¼ turn left
- 11&12 Step right behind left, step left to left side, step right to right side
- 13-14 Turn ¼ left pointing left toe forward, step left back
- &15-16 Step on ball of right beside left, step left forward, scuff right beside left

2X HITCH KICKS, FORWARD SAILOR, SCUFF, STEP, TWIST & TWIST

- &17 Hitch right knee, kick right heel towards floor across left leg
- &18 Hitch right knee, kick right heel towards floor and slightly out to right side
- 19&20 Cross right over left, step left to left side, step right to right side
- 21-22 Scuff left beside right, step left to left side ending feet shoulder width apart
- 23&24 Twist both heels left, twist both heels to center, twist both heels left

Right knee should be bent and you should be facing right diagonal

2X KNEE POPS, JUMP, JUMP, TOGETHER, WALK RIGHT, LEFT, FULL TURN RIGHT

- 25 Pop left knee forward as you straighten right leg
- 26 Pop right knee forward as you straighten left leg
- 27& Jump feet shoulder width apart to face front, jump on the spot again
- 28 Slide both feet together
- 29-31 Walk forward right, left, right
- 32 Make a full turn to the right pivoting on right foot, ending with weight on left

KICK BALL POINT, ¼ TURN LEFT, BALL CHANGE, ¼ TURN RIGHT, BODY ROLL OVER ¼ TURN LEFT

- 33&34 Kick right forward, step right beside left, point left to left side
- 35&36 Keeping left toe pointed make ¼ turn left, step on ball of left beside right, step right forward
- 37-38 Step left forward, keeping weight on left make a ¼ turn right
- 39 Stepping onto right start ball roll to right commencing ¼ turn left
- 40 Complete body roll and the ¼ turn left ending with weight on right

COASTER STEP, STEP FORWARD, OUT, IN, STEP, TOGETHER, STEP, TOGETHER

- &41-42 Step left back, step right beside left, step left forward
- 43&44 Step right forward, twist both heels out, twist both heels in
- 45-46 Step right forward, step left beside right in 3rd position
- 47-48 Step right forward, step left beside right in 3rd position

REPEAT

