

Bad Moon On The Rise

拍數: 64 牆數: 4 級數:
編舞者: Alison Metelnick (UK)
音樂: Bad Moon Rising - Creedence Clearwater Revival



RIGHT & LEFT FORWARD STRUTS, KICK RIGHT FORWARD TWICE, BACK RIGHT & LEFT

- 1-2 Touch right toe forward, drop heel to the floor
- 3-4 Touch left toe forward, drop heel to the floor
- 5-6 Kick right foot forward, twice
- 7-8 Step right foot back, step left foot back next to right

2 SLOW WALKS FORWARD RIGHT & LEFT, RIGHT FORWARD TURN ¼ LEFT WEIGHT ON LEFT, CROSS RIGHT OVER LEFT

- 1-2 Step right foot forward and hold
- 3-4 Step left foot forward and hold
- 5-6 Step right foot forward, ¼ turn left transfer weight to left foot
- 7-8 Cross step right foot over left and hold

½ HINGE TURN RIGHT CROSS LEFT, ½ HINGE TURN LEFT CROSS RIGHT

- 1-2 Step left foot to left side, ½ turn right step right foot to right side
- 3-4 Cross step left foot over right and hold
- 5-6 Step right foot to right side, ½ turn left step left foot to left side
- 7-8 Cross step right foot over left and hold

LEFT SIDE ROCK & RECOVER CROSS, RIGHT BOX STEP FORWARD

- 1-2 Rock left foot out to left side, recover weight on right
- 3-4 Cross step left foot over right and hold
- 5-6 Step right foot out to right side, step left foot next to right
- 7-8 Step right foot forward and hold

LEFT FORWARD ROCK & RECOVER, ½ TURN LEFT STEP LEFT FORWARD, RIGHT FORWARD LOCK STEP

- 1-2 Rock step left foot forward, recover weight on right
- 3-4 Turning ½ left step left foot forward and hold
- 5-6 Step right foot forward, lock step left behind right
- 7-8 Step right foot forward and hold

2 SLOW WALKS FORWARD LEFT & RIGHT, LEFT ROCK FORWARD & RECOVER, ¼ TURN LEFT, LEFT ROCK BACK & RECOVER

- 1-2 Step left foot forward and hold (clap hands together on the hold count)
- 3-4 Step right foot forward and hold (clap hands together on the hold count)

Also as an alternative you can add a full turn to the right as you go forward in your LOD

- 5-6 Rock forward on left foot, recover weight on right
- 7-8 Turning ¼ left rock back on left foot, recover weight on right

2 SLOW WALKS FORWARD, STEP LEFT FORWARD TURN ¼ RIGHT ON RIGHT, CROSS STEP LEFT OVER RIGHT

- 1-2 Step left foot forward and hold
- 3-4 Step right foot forward and hold
- 5-6 Step left foot forward, ¼ turn right recover weight on right
- 7-8 Cross step left foot over right and hold

½ HINGE TURN LEFT CROSS RIGHT, LEFT SIDE ROCK RECOVER & STEP FORWARD

1-2 Step right foot to right side, ½ turn left step left foot to left side

3-4 Cross step right foot over left and hold

5-6 Rock step left foot to left side, recover weight on right

7-8 Step left foot forward and hold

REPEAT
