

Sting Me

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Pam Leader (USA) & Raymond Crum - August 2008
音樂: Sweet the Sting - Tori Amos : (CD: Beekeeper)



Intro: Start dance 16 counts into the song (at the start of the lyrics)

Walk L, R, English Cross, Step L, ¼ Sweep With Sailor ¼ Turn, Shuffle Forward

1,2 Step L forward, Step R forward
&3 Step L forward into a ¼ turn right, Cross R over L
4,5 Step L next to R, sweep R into a ¼ turn to R
6&7 Step R behind L into ¼ turn right, Step L to left side, Step R forward
8&1 Step L forward, Step R forward**, Step L forward (9:00)

Pivot ½ Left, Shuffle To Right With ¼ Turn Left, Rock Back Recover, Rock Back Recover

2,3 Step R forward, Pivot ½ turn L (3:00)
4&5 ¼ turn to left and Step R to right side, Step L beside R, Step R to right side
6&7& Rock L behind R, recover R, Rock L to left side, recover R
8&1 Rock L behind R, recover R, Step L forward (12:00)

Walk R, L, Anchor Step, ½ Turn Left, ½ Turn Left, Out L, Out R

2,3 Step R forward, Step L forward
4&5 Step R behind L, Recover L, Step R behind L
6,7 ½ turn L on L to the back (6:00), ½ turn L on R to the back (12:00)
&8 Step L to left side, Step R to right side

Step L, Cross R, Hold, And Cross, Hold, And Cross, And Cross, Step, R Heel, Recover, Walk L,R (This 8 counts will make a ¾ turn to the right total - best described as going around a pole)

&1,2 Step L beside R, Cross R over L slightly angling body to the R, Hold (2:00)
&3,4 Step L beside R, Cross R over L slightly angling body to the R, Hold (5:00)
&5 Step L beside R, Cross R over L slightly angling body to the R (7:00)
&6 Step L beside R, Cross R over L slightly angling body to the R (9:00)
&7 Step L beside R, R Heel diagonally forward,
&8& Step R beside L, Step L forward, Step R forward (9:00)

End of dance

**** RESTART: After 8& count of Section 1 of Wall 5**