

Heavy Rotation

拍數: 64 牆數: 2 級數: Advanced
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音樂: Heavy Rotation - Anastacia : (Album: Heavy Rotation)



(16 count intro, 134bpm)

TOE-PRESS STEPS X4, 1/2 TURNING JAZZBOX

1-2 Touch right forward, step onto right,
3-4 Step left forward, step right forward,
5-6 Cross left over right, step right back 1/4 left,
7-8 Step left 1/4 left, step forward right.

STYLING: Counts 2-4 should have a kinda knee pop action.

1/2 TURNING JAZZBOX, ROCK RECOVER, SPRING 'N' FLICK, LINE & HOLD

1-2 Cross left over right, step right back 1/4 left,
3-4 Step left 1/4 left, step forward right,
5-6& Rock forward left, recover right, spring onto left next to right while back flicking right,
7-8 Stretch right leg through into forward line, hold count 8.

FULL TURN LEFT, LEFT COASTER STEP, RIGHT TOUCH, SHOULDERS POPS, BODY RIPPLE

1-2 Twist 1/2 left, step right 1/2 left,
3&4 Step left back, step right beside left, step forward left,
5-6 Touch right forward (keeping weight on left) while popping shoulders twice,
7-8 Body ripple over 2 counts.

SYNCOATED STEP-SLIDE-HOLDS, SIDE SWITCHES X4

&1-2 Step right beside left, slide left back, hold count 2,
&3-4 Step right beside left, slide left back, hold count 4,
5&6 & Touch left to left side, step left beside right, touch right to right side, step right beside left,
7&8 Touch left to left side, step left beside right, touch right to right side.

RIGHT BACK TOUCHES X2, SCUFF-HITCH-SIDE TOUCH, CIRCLE HIPS (ANTI/CLOCKWISE)

1-2 Touch right back twice,
3&4 Scuff right through into a hitch (3), step right beside left (&), touch left to left side,
5&6 Transfer weight onto left while circling hips anti-clockwise,
7&8 Transfer weight onto right while circling hips clockwise.

FULL TURN LEFT, LEFT COASTER STEP, RIGHT ROCK RECOVER, 1/4 TURN RIGHT, LEFT ROCK

1-2 Step right 1/2 left, step left 1/2 left,
3&4 Step left back, step right beside left, step forward right,
5-6 Rock forward right, recover left,
7-8 Step right 1/4 right, rock forward left.

RIGHT RECOVER, 1/2 TURN LEFT, FULL TURN LEFT, LEFT JAZZBOX

1-2 Recover right, step left 1/2 left,
3-4 Step right 1/2 left, step left 1/2 left,
5-6 Cross right over left, step left back,
7-8 Step right to right side, cross left over right.

RIGHT HITCH, RIGHT STEP, HIP BUMPS X2, SAILOR 1/2 TURN RIGHT, 1/4 TURN LEFT, 1/2 TURN SWEEP LEFT

1-2 Hitch right, step right to right side,

- 3-4 Bump hips right, left,
5&6 Step right behind left making 1/4 turn to right, step left next to right making 1/4 turn to right,
step forward on right,
7-8 Step 1/4 left, sweep right 1/2 left (keeping weight on left).

No tags or RESTARTS.... Hooray! Have fun!
