

Blown Away

拍數: 96 牆數: 2 級數: Advanced
編舞者: Dan McInerney (UK) - May 2010
音樂: Lick Shots - Missy Elliott : (Album: So Addictive)



Starts: After 32 counts/16 seconds just before she raps "You don't wanna speak my name..."

SIDE, SAILOR TURN, OUT, OUT, AND HEEL AND HEEL AND BACK

- 1, 2& Step R to R side, step L behind R, making a 1/4 R step R slightly forward (03:00)
- 3, 4 Step L back, making a 1/4 turn R step R out to R side (06:00)
- 5&6& Step L out to L side, twist R heel in, twist R heel to centre, twist L heel in
- 7&8 Twist L to centre, making 1/4 turn R cross R over L, step L back (09:00)

SIDE, DRAG, AND SIDE, DRAG, POP-POP, HOLD, CROSS OUT OUT

- 1, 2& Making 1/4 turn R big step R to R side, drag L towards R, step weight onto L (12:00)
- 3, 4 Big step R to R side, drag L towards R
- 5&6 Step L forward as you bend R knee, step R forward as you bend L knee, hold
- 7&8 Cross L over R, making 1/4 L step R back, step L out slightly to L side (09:00)

STEP, ROCK AND QUARTER, HALF, ROCK AND BEHIND AND CROSS AND CROSS

- 1, 2& Step R forward, rock L behind R, recover weight onto R
- 3, 4 Making 1/4 turn R step L back, making 1/2 turn R step R forward (06:00)
- 5&6& Making 1/4 turn R rock L to L side, recover weight onto R, step L behind R, step R to R side (09:00)
- 7&8 Cross L across R, step R to R side, cross L across R

HOLD, OUT-OUT, BODY ROLL, HALF, HALF, BACK SHUFFLE

- 1&2 Hold, making 1/4 turn R step R out to R side, step L out to L side (12:00)
- 3, 4 Push your hips slightly back to L diagonal as you isolate your shoulders slightly up to the R diagonal, bring shoulders back slightly as you push hips slightly forward, bring shoulders and hips to centre
- 5, 6 Making 1/2 turn R step R forward, making 1/2 turn R step L back (12:00)
- 7&8 Step R back, step L next to R, step R back

(STYLING: counts 3&4 should be in a smooth, rolling motion)

(OPTION: instead of the body roll, sway hips R on count 3 and sway the hips L on count 4)

HALF, DRAG, RUN RUN RUN, POINT AND POINT AND TOUCH AND TOUCH

- 1, 2 Making 1/2 L step L big step forward, drag R towards centre (06:00)
- 3&4 Step R forward, step L forward, step R forward
- 5&6& Point L to L side, step L in place, point R to R side, step R in place
- 7&8 Touch L in place next to R, step L in place, touch R in place next to L

HITCH AND OUT, BUMP, BUMP, ROLL TURN, POP, POP

- 1&2 Hitch R as you bump hips R, bump hips L (still hitching R), bump hips R as you step R to R side
- 3, 4 Bump hips to L side, bump hips to R side
- 5, 6 Push hips L as you isolate shoulders to R side, making 1/4 L roll the weight back onto R (03:00)
- 7, 8 Step L back as you bend R knee, step R back as you bend the L knee

(STYLING: counts 5, 6 should be in a smooth, rolling motion)

(OPTION: instead of the body roll, sway hips L on count 5 then make 1/4 L as you sway hips R)

HALF, STEP, COASTER STEP, OUT, OUT, BACK SHUFFLE

- 1, 2 Making 1/2 turn L step down onto L, step R back (09:00)
- 3&4 Step L back, step R next to L, step L forward
- 5, 6 Step R forward and out to R diagonal, step L to L side
- 7&8 Step R back, step L next to R, step R back

COASTER TURN, BRUSH OUT-OUT, LEAN LEAN, CROSS, UNWIND

- 1&2 Making 1/4 turn L step L back, step R next to L, step L forward (06:00)
- 3&4 Brush R forward, step R out to R side, step L out to L side
- 5, 6 Angle body to L diagonal as you move weight L, angle body to R diagonal as you move weight R
- 7, 8 Move weight L as you cross R over L, unwind 1/2 turn L ending with all the weight on the R (12:00)

ROCK, HOLD, RECOVER, SAILOR ROCK, HOLD, RECOVER, ROCK AND

- 1, 2 Big rock L to L diagonal, hold (as you start to recover)
- 3&4 Recover weight onto R, rock L behind R, step R in place
- 5, 6 Big rock L to L side, hold (as you start to recover)
- 7, 8 & Recover weight onto R, rock L behind R, step R to R side

BACK, TURN, STEP ROCK STEP, WALK, WALK, WALK, TURN

- 1, 2 Lift R slightly as make 1/4 turn R stepping L back, turn 1/4 turn R (06:00)
- 3&4 Step R to R side, rock L to L side, step R to R side
- 5, 6 Making 1/4 turn L step L forward, step R slightly forward (03:00)
- 7, 8 Making 1/4 turn L step L forward, keeping weight on the L make a 1/2 turn L (06:00)

ROCK, HOLD, RECOVER, SAILOR ROCK, HOLD, RECOVER, BACK BACK

- 1, 2 Big rock R to R side, hold (as you start to recover)
- 3&4 Recover weight onto L, rock R behind L, step L in place
- 5, 6 Big rock R to R side, hold (as you start to recover)
- 7, 8 & Recover weight onto L, step R back, step L back

BACK, TURN, STEP TURN STEP, POP, POP, POP, HOP

- 1, 2 Step R back, start to make 1/2 turn L (03:00)
- 3&4 Finish 1/2 turn L as you step L forward, step R forward, pivot 1/2 turn L taking weight on L (06:00)
- 5, 6 Step R forward as you bend L knee, step L forward as you bend R knee
- 7, 8 Step R forward as you bend L knee, hop L forward and slightly to L diagonal touching R next to L

REPEAT

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