

Bedhead

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Dave Munro (UK) - August 2010
音樂: The Bed That You Made - Whitney Duncan



Intro 32 counts, around 13 seconds.

L Heel Touch/Hook, L Side/Together, L Side/Hold, R Rock Back/Recover.

1-2 Touch Left heel forward, Hook Left across Right.
3-4 Step Left to left side, Step Right beside Left.
5-6 Long step Left to left side, Hold.
7-8 Rock back on Right, Recover forward onto Left. (12:00)

R Heel Touch/Hook, R Side/Together, R Side/Hold, L Rock Back/Recover.

1-2 Touch Right heel forward, Hook Right across Left.
3-4 Step Right to right side, Step Left beside Right.
5-6 Long step Right to right side, Hold.
7-8 Rock back on Left, Recover forward onto Right. (12:00)

L Vine Quarter turn left/Hold, R Mambo Half turn right/Hold.

1-4 Step Left to left side, Step Right behind Left, Quarter turn left step Left fwd, Hold.
5-8 Rock fwd on Right, Recover back on Left, Half turn right step Right fwd, Hold.(3:00)

L Hitch/Half turn, R Hitch/Half turn, L Hitch/Walk, R Hitch/Walk.

1-2 Hitch Left & quarter turn right, Quarter turn right & step back on Left.
3-4 Hitch Right & quarter turn right, Quarter turn right & step forward Right.
5-8 Hitch Left, Step Left forward, Hitch Right, Step Right forward. (3:00)

***Restart dance from this point on wall 2 only.**

L Forward Mambo/Hold, R Coaster/Hold.

1-4 Rock fwd on Left, Recover back on Right, Step Left back, Hold.
5-8 Step Right back, Step Left beside Right, Step Right forward, Hold. (3:00)

Skate Quarter turn left, Skate Half turn right, L Step/Half Pivot, L Step/Hold.

1-2 Swivel on Right making quarter turn left, sliding and stepping Left fwd (12:00).
3-4 Swivel on Left making half turn right, sliding and stepping Right fwd (6:00).
5-8 Step Left forward, Pivot half turn right (weight on Right), Step Left forward, Hold(12:00)

R Step/Half Pivot, R Step/Hold, Quarter turn Heel/Toe/Heel Swivels/Hold.

1-4 Step Right fwd, Pivot half turn left (weight on Left), Step Right fwd, Hold**.
5 Swivel quarter turn right on ball of Right stepping Left beside Right (heels end pointing to left back diagonal).
6 Swivel left on heels (toes end pointing to forward left diagonal).
7-8 Swivel left on toes (heels end pointing to back left diagonal), Hold. (9:00)

Swivel Heels right/Hold, Swivel Heels left/Hold, R Side/Together/Side/Hold.

1-4 Swivel heels to right, Hold, Swivel heels to left, Hold.
5-8 Step Right to right side, Step Left beside Right, Step Right to right, Hold.(9:00)

Optional styling:- during heel swivels click fingers on the Hold counts.

***Restart dance on Wall 2 after count 8 of section 4 (facing 12:00).**

**** During wall 3, Feel free to clap on count 4 of section 7 (as suggested by the lyrics).**

Contact: tel. 01158599951 - email oiyssst@ntlworld.com
