

Beautiful Monster

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Laura Alberico (USA) - July 2010
音樂: Beautiful Monster - Ne-Yo : (CD: single)



Start approximately 32 counts from the beginning (on the word 'knife')

(1-8): Step side, cross rock, recover, step side, crossing shuffle, hold

1-4 R step side (1), L fwd cross rock step (2), recover R (3), L step side (4)
5-8 R fwd cross step (5), L step side (6), R fwd cross step (7), hold (8) [12:00]

(9-16): Step side, back cross rock, recover, step side, behind, ¼ turn R step fwd, hold

1-4 L step side (1), R back cross step (2), recover L (3), R step side (4)
5-8 L back cross step (5), ¼ turn R stepping R fwd (6), L step fwd (7), hold (8) [3:00]

(16-24): Walk back R L R L, lunge ¼ turn R, hold, recover ¼ turn L, hold

1-4 R step back (1), L step back (2), R step back (3), L step back (4)
5-8 ¼ turn R lunging R fwd (5), hold (6), recover L turning ¼ L (7), hold (8)

(optional hand movements: step 5 extend right hand forward palm up, step 7 bring right hand across chest over your heart)

(25-32): Hip walks fwd R, L, R, L

1-4 R step fwd rolling hips R (1), weight R(2), L step fwd rolling hips L (3), weight L(4)
5-8 R step fwd rolling hips R (5), weight R(6), L step fwd rolling hips L (7), weight L(8) **

(optional in place of hip walks: slow toe/heel struts fwd R,L,R,L)

(33-40): Cross step, back, side rock, recover, R sailor, hold

1-4 R fwd cross step (1), L step back (2), R side rock step (3), recover L (4)
5-8 R back cross step (5), L step L side (6), R step R side (7), hold (8) *

(41-48) L sailor, hold, fwd rock, recover, ½ turn R stepping fwd, hold

1-4 L back cross step (1), R step R side (2), L step L side (3), hold (4)
5-8 R fwd rock step (5), recover L (6), ½ turn R stepping R fwd (7), hold (8) [9:00]

(49-56): Side rock, recover, crossing shuffle, step side, touch L, hold

1-4 L side rock step (1), recover R (2), L fwd cross step (3), R step R side (4)
5-8 L fwd cross step (5), R step side (6), touch L next to R (7), hold (8)

(57-64) Step side pointing R, step side pointing L, long step side, touch R, hold

1-4 L step side facing R fwd diag. (1), point R toe to R fwd diag. (2) R step side facing L fwd diag. (3), point L toe to L fwd diag. (4)
5-8 L long step side squaring to wall (5), drag R toward L(6), touch R next to L (7), hold (8)

Restarts:

*Wall 3-- starts at 6:00, dance 40 steps (after R sailor) , replacing step 40 (hold) with -- step the ball of L next to R, Restart [9:00]

**Wall 7-- starts at 12:00, dance 32 steps (after hip walks), Restart [3:00]

Ending: Wall 9--starts at 12:00, dance 32 steps, pivot ¼ turn L, touch R toe fwd