

6 Feet Under

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Willie Brown (SCO) - May 2011
音樂: Bury Me (6 Feet Under) - Alexandra Burke : (Album: Overcome)



Intro – [32 counts - approx 14 seconds] - No Tags & no restarts!!!

Section 1: TOE TOUCH-STEP DOWN x2, KICK BALL CHANGE x2

1,2 Swiveling to Right diagonal touch Right toe forward, step down on Right
3,4 Swiveling to Left diagonal touch Left toe forward, step down on Left
5&6 Straightening up kick Right foot forward, step down on Right, step Left beside Right
7&8 Kick Right foot forward, step down on Right, step Left beside Right

Section 2: TOE TOUCH-STEP DOWN x2, KICK BALL CHANGE x2

1-8 Repeat Section 1

Section 3: JAZZ BOX WITH POINT, ROLLING TURN TO LEFT

1,2 Cross Right over left, step back on Left
3,4 Step Right to Right side, point Left to left side
5,6 Turn ¼ Left taking weight on left, turn ½ Left and step back on Right
7,8 Turn ¼ left and step left to left side, touch Right beside left

Section 4: CHASSE ROCK BACK, RECOVER x2

1&2 Step Right to Right, step Left beside Right, step Right to Right side
3,4 Rock back on Left, recover weight forward on Right
5&6 Step Left to Left side, step Right beside Left, step Left to Left side
7,8 Rock back on Right, recover weight forward on Left

Section 5: SIDE STRUT, ½ HINGE TOE STRUT, ½ HINGE TOE STRUT, CROSS ROCK, RECOVER

1,2 Touch Right toe to Right side, step down on Right
3,4 Turn ½ Right and touch Left toe to Left side, step down on Left
5,6 Turn ½ Right and touch Right toe to Right side, step down on Right
7,8 Rock Left across Right, recover weight back on Right

(Easier option – take turns out and just ‘side strut, cross strut, side strut, cross rock, recover’)

Section 6: SIDE STRUT, ½ HINGE TOE STRUT, ½ HINGE TOE STRUT, CROSS ROCK, RECOVER

1,2 Touch Left toe to Left side, step down on Left
3,4 Turn ½ Left and touch Right toe to Right side, step down on Right
5,6 Turn ½ Left and touch Left toe to Left side, step down on Left
7,8 Rock Right across Left, recover weight back on Left

(Easier option – take turns out and just ‘side strut, cross strut, side strut, cross rock, recover’)

Section 7: SIDE, CROSS, SIDE, BEHIND, ¼ TURN, SIDE, BEHIND, SIDE

1,2,3 Step Right to Right side, cross Left over Right, step Right to Right side
4,5 Cross Left behind Right, turn ¼ Right and step forward on Right
6,7,8 Step Left to Left side, cross Right behind Left, step Left to Left side

Section 8: CROSS ROCK, RECOVER, CHASSE, CROSS, SIDE, BEHIND-SIDE-CROSS

1,2 Rock Right over Left, recover weight back on Left
3&4 Step Right to Right, step Left beside Right, step Right to Right side
5,6 Cross Left over Right, step Right to Right side
7&8 Cross Left behind Right, step Right to Right side, cross Left over Right

...START AGAIN...

ENDING; The music will finish at the end of the 7th wall so add a ¼ turn Right during the 'behind-side-cross' at the end of the dance to finish facing the front.

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