

Throw The Dice

拍數: 64 牆數: 2 級數: Phrased Advanced
編舞者: Joey Warren (USA) - August 2011
音樂: Hit Me Up (feat. Josh Ramsay) - Danny Fernandes



Sequence: A, A, Tag, B, A, A, Tag, B, A, A w/ Restart, B, B

PART A (32 counts)

Side-Rock-Recover x2, Rock-Recover-Cross w/ Heel Jack, Step-Touch

1-2-& Step R out to R, Rock L behind R, Recover weight onto R
3-4-& Step L out to L, Rock R behind L, Recover weight onto L
5-&-6 Rock R out to R, Step down on L, Cross R over L
&7&8 Step L slightly back, Touch R heel fwd, Step down on R, Touch L toe beside R

Step Out-Back, Weave w/ Cross, Step-Weave w/ Cross, ¼ Turn Step Back

1 - 2 Step L out & slightly back, Step R back
3-&-4 Step L back behind R, Step R out to R, Cross step L over R
5-6&7 Step R out to R, Step L back behind R, Step R out to R, Cross step L over R
8 ¼ Turn L stepping back on R

Full Turn Triple Step, Walk-Walk, Mambo Fwd, L Coaster Step

1-&-2 ½ Turn L stepping L fwd, ¼ Turn L stepping R beside L, ¼ Turn L stepping L fwd
3 - 4 Walk fwd on R, Walk fwd on L
5-&-6 Rock fwd on R, Recover back on L, Step R slightly behind L
7-&-8 Step back on L, Step R back beside L, Step L fwd

Rock Recover Fwd, Rock Recover Back, Step Half x2

1 - 2 Rock fwd on R, Recover back on L
3 - 4 Rock back on R, Recover fwd on to L
5 - 6 Step fwd on R, ½ Turn L over L shoulder taking weight on L
7-&-8 Step fwd on R, ½ Turn L over L shoulder taking weight on L

*** You will end facing 9 o'clock. You need to make a ¼ Turn L while you step out to R for count 1 of the dance to make it a 2 wall dance!**

PART B (32 counts)

Step Hitch, Jump Out-In, Heel Swivel, Jump Out-In, Side Shuffle

1 - 2 Step R out to R with slight bend in R knee, Hitch L knee & straighten R knee
&3&4 Jump both feet out, Jump feet back together, Swivel heels R, Swivel heels back to center
& - 5 Jump both feet out, Jump feet back together (weight needs to be on L)
6-&-7 Step R out to R, Step L next to R, Step R out to R

Cross Shuffle, ¼ Kick & Touch, Touch-Dip, Touch & Weave

8-&-1 Cross L over R, Step R out to R, Cross L over R
2-&-3 ¼ Turn R kicking R fwd, Step down on R, Touch L toe out to L side
&45&6 Step L next to R, Point R to R/bending upper body at waist, Roll upper body to R transferring weight to R, Step L next to R raising upper body, Touch R out to R
7-&-8 Step R behind L, Step L out to L, Cross R over L

¼ Hitch Step, Touch-Flick Heel & Heel & Touch, Step Back Out-Out & Cross

&-1-2 ¼ Turn L hitching L knee up, Big step fwd on L, Touch R toe fwd
&3&4 Flick R foot out to R, Touch R heel fwd, Step down on R, Touch L heel fwd
&-5-6 Step down on L, Touch R toe fwd, Step back on R foot

&7&8 Step L out to L, Step R out to R, Step L in toward R, Cross R over L

Unwind ½ Turn, Cross Samba x2, Cross Samba ¼ Turn, Step ½ Turn

1-2&3 Unwind ½ Turn L slightly stepping R out as you take weight, Cross L over R, Rock out to R on ball of R, Recover back to L

4-&-5 Cross R over L, Rock out to L on ball of L, Recover back to R

6-&-7 Cross L over R, Rock out to R on ball of R, ¼ Turn L stepping L slightly fwd

8-&-1 Step R fwd, ½ Turn L taking weight on L, ¼ Turn L stepping R out to R

*** The count 1 is the beginning of your dance for both A & B. As before you need to make the ¼ Turn L so you will have a 2 wall only dance!**

TAG: Step Full Turn W/ Hip Roll Counter Clock Wise

1 – 2 Step R fwd while rolling hips counter clockwise, Take weight on L

3 – 4 Step R fwd while rolling hips counter clockwise, Take weight on L

5 – 6 Step R fwd while rolling hips counter clockwise, Take weight on L

7 – 8 Step R fwd while rolling hips counter clockwise, Take weight on L

*** Again don't forget to make your ¼ Turn L before you do your Tag**

RESTART: Happens after your 2nd B and your 5th A. You will be facing back wall. You are going to change your 2nd 8 of A slightly to hit the lyrics.

Step Out-Back, Weave w/ Cross, Step-Weave Cross, Step Hitch x2

1 – 2 Step L out & slightly back, Step R back

3-&-4 Step L back behind R, Step R out to R, Cross step L over R

5&6& Step R out to R, Step L behind R, Step R out to R, Cross L over R

7&8& Step R out to R, Hitch L knee in to R, Step out on L, Hitch R knee in to L

*** Restart into B here!!**

YOU'RE DONE....ENJOY IT!!!!!! THANKS FOR THE SUPPORT!!!!!!!
