

Missery

拍數: 48 牆數: 4 級數: Intermediate / Advanced
編舞者: Chris Jackson (UK) - November 2011
音樂: Misery - P!nk : (Album: Missundaztood)



24 count introduction (start on vocals).

BACK ROCK, HALF, HALF, RONDE, CROSS

1-2-3 Rock back on Left, recover on Right, make a half turn Right stepping back on Left
4-5-6 Make a half turn Right stepping forward on Right, ronde Left from back to front, cross Left over Right

BACK, QUARTER, CROSS, RECOVER, SIDE, CROSS

7-8-9 Recover on Right, make a quarter turn Left stepping Left to Left side, cross Right over Left
10-11-12 Recover on Left, step Right to Right side, cross Left over Right

RECOVER, QUARTER, HALF, HALF, RIGHT, LEFT

13-14-15 Recover on Right, make a quarter turn Left stepping forward on Left, make a half turn Left stepping back on Right
16-17-18 Make a half turn Left stepping forward on Left, step forward Right, step forward Left

BACK, BACK, RONDE, BACK-BACK, RONDE

19-20-21 Step back on Right, step back on Left, ronde Right from front to back
&22-23-24 Step back Right, step back Left, ronde Right from front to back

BACK ROCK, QUARTER, QUARTER, CROSS ROCK

25-26-27 Rock back on Right, recover on Left, make a quarter turn Left stepping back on Right
28-29-30 Make a quarter turn Left stepping Left to Left side, cross rock Right over Left, recover on Left

QUARTER, QUARTER, BEHIND/RONDE, BEHIND, SIDE, CROSS/RONDE

31-32-33 Make a quarter turn Right stepping forward on Right, make a quarter turn Right stepping Left to Left side, step Right behind Left as you ronde Left from front to back
34-35-36 Step Left behind Right, step Right to Right side, cross Left over Right as you ronde Right from front to back

CROSS, POINT, HOLD, CROSS, POINT, HOLD

37-38-39 Cross Right over Left, point Left to Left side, hold
40-41-42 Cross Left over Right, point Right to Right side, hold

OVER, SIDE, BEHIND, QUARTER, CROSS, UNWIND A HALF

43-44-45 Cross Right over Left, step Left to Left side, step Right behind Left
46-47-48 Make a quarter turn Left stepping forward on Left, cross Right over Left, unwind a half turn Left