

Sick of Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Brandon Zahorsky (USA) - March 2011
音樂: Sick of Me - Miss Willie Brown



Side R step, Sailor Step, Side Left step, Sailor ½ turn

1,2 Step R, to R side, Recover on L
3&4 Cross R behind L, step left to side, step right to side
5,6 Step L to side, Recover on R
7&8 Sweep L ½ turn behind R, Step R to side, Step L to side

Heal, And Heal, Step R, Step L, Body Roll Kick, Coaster Step

1&2 R heel forward, L heel forward (You should be moving forward on these steps)
&3,4 Quickly step down on L, Step R out, Step L out (about shoulder width apart, weight on L)
5,6 Roll your R shoulder down shifting the weight to your R, raise your L shoulder up as you kick
L diagonal forward
7&8 (Staying on a slight diagonal) Step L back, Step R together, Step L forward
(Restarts occur here on 3rd and 8th wall after 16 counts in)

Cross, Side, Sailor Step, Cross, 1/4 turn L, 1/4 shuffle forward

1,2 Step R in front of L, Step L to side
3&4 Step R behind L, Step L to side, step R to side
5,6 Step L in front of R, Step R to side
7&8 Shuffle ½ turn L, R, L

1/4 Turn Monterey, Hip Bumps

1,2 Point R to R side, ¼ turn R,
3,4 Point L to side, Bring L together with R
5&6 Step R forward, Bump hips R, L, R
7&8 Recover on L, Bump hips L,R,L

Restarts:-

Occur while dancing on 3rd wall (you will be facing the 12 o'clock wall on the 1st restart)
and 8th wall (you will be facing the 6 o'clock wall on the 2nd restart) 16 counts in to dance. (Square up to front wall to restart the dance)
