

Is This Thing On?

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Matt Atkinson (UK) - October 2012
音樂: Is This Thing On? - P!nk : (Album: The Truth About Love)



Intro: 32 counts, approx 18 seconds

[1 – 8] Left, Behind, ¼ L shuffle, Turn, Recover, Behind, Side

1 – 2 (1) step left to left, (2) step right behind left
3 & 4 (3 & 4) left side chasse making ¼ turn left
5 – 6 (5) make ¼ left rock right to right, (6) recover weight onto left
7 – 8 (7) step right behind left, (8) step left to left side End: 6 o'clock wall

[9 – 16] Cross, Touch, Back, Touch, Step, Scuff, Left Shuffle

9 – 10 (9) step right across left, (10) touch left out to left side
11 – 12 (11) step left behind right, (12) touch right out to right side
13 – 14 (13) step forward right, (14) scuff left forward
15 & 16 (15 & 16) shuffle forward left End: 6 o'clock wall

[17 – 24] Rock, Recover, ½ turn, ¼ turn, Behind-Side-Cross-And-Cross-Step

17 – 18 (17) rock forward on right, (18) recover weight onto left
19 – 20 (19) step forward right making ½ turn right, (20) making ¼ left right step left to left side
21 & 22 (21) step right behind left, (&) step left to left, (22) cross right over left
&23-24 (&) small step left to left, (23) cross right over left, (24) step left to left End: 3 o'clock wall

[25 – 32] Back, Sweep, Behind-Turn-Rock Recover, Rock Recover

25 – 26 (25) step back right, (26) sweep left around behind right
27 – 28 (27) step left behind right, (28) step forward right making ¼ right
29 – 30 (29) rock left forward, (30) recover weight onto right
31 – 32 (31) rock left backward, (32) recover weight onto left End: 6 o'clock wall

[33 – 40] Pivot, Hook, Shuffle, Full Turn, Hook, Shuffle

33 – 34 (33) step forward left, (34) pivot ½ right hooking right over left shin
35 & 36 (35 & 36) shuffle forward right
37 – 38 (37) step forward left, (38) full turn spin over right hooking right over left shin
39 & 40 (39 & 40) shuffle forward right End: 12 o'clock wall

* Restart here on third wall *

[41 – 48] Step, Pivot, Weave, Rock, Recover

41 – 42 (41) step forward left, (42) pivot ¼ right (weight end on right)
43 – 44 (43) cross step left over right, (44) step right to right side
45 – 46 (45) step left behind right, (46) step right to right side
47 – 48 (47) cross-rock left over right, (48) recover weight onto right End: 3 o'clock wall

[49 – 56] Sailor Left, Sailor Right, Mirrored Jazz Box

49 & 50 (49) step left behind right, (&) step right to right, (50) step left to left
51 & 52 (51) step right behind left, (&) step left to left, (52) step right to right
53 – 56 (53) step left behind right, (54) step forward right, (55) step left to left, (56) touch right next to left

[57 – 64] Side, Behind, Kick-Ball-Cross, Heel Grind, Right Coaster Step

57 – 58 (57) step right to right side, (58) step left behind right
59 & 60 (59) low kick right diagonal, (&) step on ball of right, (60) step left over right

61 – 62 (61 – 62) heel grind right, making $\frac{1}{4}$ turn right
63 & 64 (63) step back on right, (&) step left next to right, (64) small step forward right End: 6 o'clock wall
