

# Punching Bag

拍數: 56      牆數: 2      級數: Improver  
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - October 2012  
音樂: Punching Bag - Josh Turner : (CD: Punching Bag)



## Intro Start on Vocals

### TOES STRUTS, ROCKING CHAIR, RIGHT LOCK STEP, COASTER STEP

1&      Touch right toe forward, drop right heel taking weight  
2&      Touch left toe forward, drop left heel taking weight  
3&      Rock forward on right, recover onto left  
4&      Rock back on right, recover onto left  
5&6      Step forward on right, lock left behind right, step forward on right  
7&8      Step back on left, step right beside left, step left forward

### RUMBA BOX, BACK ROCK, ½ TURN, COASTER STEP

1&2      Step right to right side, step left beside right, step forward on right  
3&4      Step left to left side, step right beside left, step back on to left

### RESTART HERE ON WALL 3 (FACING 12 O'CLOCK) HOLD POSE TILL MUSIC RESTARTS AGAIN

5&6      Rock back on right, recover onto left, make ½ turn left stepping back on right (6)  
7&8      Step back on left, step right beside left, Step left forward

### SIDE TOUCHES, RIGHT GRAPEVINE

1-2      Step right to right side, touch left beside right  
3-4      Step left to left side, touch right beside left  
5-6      Step right to right side, step left behind right  
7-8      Step right to right side, touch left beside right

### SIDE TOUCHES, LEFT GRAPEVINE

1-2      Step left to left side, touch right beside left  
3-4      Step right to right side, touch left beside right  
5-6      Step left to left side, step right behind left  
7-8      Step left to left side, touch right beside left

### JAZZ BOX, CROSS ROCK X2. RUN FORWARD 3

1&2      Cross right over left, step back on left, step right beside left  
3&4      Cross rock left over right, recover onto right, step left to left side  
5&6      Cross rock right over left, recover onto left, step right to right side  
7&8      Run forward left, right, left

### FORWARD TOUCH, BACK KICK, COASTER STEP X2

1&2&      Step forward Right, touch left behind right, step back left, kick right forward  
3&4      Step right back, step left beside right, step right forward  
5&6&      Step forward left, touch right behind left, step back right, kick left forward  
7&8      Step left back, step right beside left, step left forward

### HEEL JACKS X2, MAMBO FORWARD, MAMBO BACK

1&2&      Cross right over left, step left to left side, touch right heel forward, step right in place  
3&4&      Cross left over right, step right to right side, touch left heel forward, step left in place  
5&6      Rock forward on right, rock back on left, step right beside left  
7&8      Rock back on left, rock forward on right, step left beside right

