

Madness

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Vicky St. Pierre (CAN) - April 2013
音樂: Madness - Muse : (Album: The 2nd Law)



Dance starts on main vocals - After 16 Count Intro

[1 to 8] Cross L, Spiral Turn, Side Together Side RLR, Touch L, Point L, 1/4 left on L, Full Turn left RL, Step R, Scuff L

1 2 3 & 4 1- Cross L in front of R, 2- Spiral full turn to right ending with weight on L, 3- Step R to side, &- Step L together, 4- Step R to side, 12:00
& 5 6 &- Touch L together, 5- Point L out to side (torque upper body for left turn), 6- Turn 1/4 left stepping L fwd 9:00
7 & 8 & 7- Turn 1/2 left stepping back on R &- Turn 1/2 left stepping fwd on L, 8- Step fwd on R, &- Scuff L 9:00

[9 to 16] Press L, Recover R, Left Coaster w/ L kick, Step Left, Step Right, Pivot 1/2 Left, Lock step RLR

1 2 3 & 4 1- Press fwd on L, 2- Recover to R, 3- Step L back, &- Step R together, 4- Kick L fwd 9:00
& 5 6 &- Step L fwd, 5- Step R fwd, 6- Pivot 1/2 left taking weight fwd on L 3:00
7 & 8 7- Step R fwd, &- Step L behind right (lock step), 8- Step R fwd 3:00

[17 to 24] 1/4 Rock, 1/4 Recover, Lock Step w/ two 1/4 turns LRL, Step 1/4 turn R, Point L, Recover L w/ 1/4 turn, Side-Together-Cross RLR

1 2 1- Turn 1/4 right and rock L to side, 2- Turn 1/4 right as you recover to R 9:00
3 & 4 3- Turn 1/4 right stepping L to side, &- Turn 1/4 right stepping R across L (lock step), 4- Step L back 3:00
& 5 6 &- Turn 1/4 right stepping R to side, 5- Point L out to side, 6- Turn 1/4 left stepping fwd on L 3:00
7 & 8 7- Step R to side, &- Step L together, 8- Cross R in front of left 3:00

[25 to 32] Side-Together-Cross LRL, Full turn RL, Step R, Step L, Right 3/8 turn on R, 1/4 Rock L, 1/4 Recover R, Rock-Recover LR, Hitch

1 & 2 1- Step L to side, &- Step R together, 2- Cross L in front of right towards diagonal (4:30) 4:30
3 4 & 5 3- Turn 1/2 left stepping back on R, 4- Turn 1/2 left stepping fwd on L, &- Step R fwd, 5- Step L fwd (torque upper body to left) 4:30
6 7 & 6- Turn 3/8 right stepping fwd on R (9:00), 7- Turn 1/4 right rocking L to side, &- Turn 1/4 right recovering weight on R 3:00
8 & 8- Rock L to side, &- Recover weight on R / Hitching L knee crossing over right 3:00

Restarts: On 4th and 8th walls - after 16 counts / after Lock Step forward RLR (Listen for the singer humming) 12:00

Dance your way through life!

Last Revision - 16th June 2013