

Stoned

拍數: 48 牆數: 2 級數: Improver / Easy Intermediate
編舞者: Gaye Teather (UK) - May 2013
音樂: Haven't Had a Drink All Day - Toby Keith : (CD: Hope On The Rocks.)



Intro: 16 counts from first heavy beat

Touch out. Together. Stomp. Stomp. Tap. Kick. Behind. Side

- 1 – 2 Touch Right toes to Right side. Step Right beside Left
- 3 – 4 Stomp Left beside Right. Stomp Right beside Left
- 5 – 6 Tap Left beside Right. Kick Left diagonally forward Left
- 7 – 8 Cross Left behind Right. Step Right to Right side

Weave Right. Cross rock. Quarter turn Left. Brush

- 1 – 2 Cross Left over Right. Step Right to Right side
- 3 – 4 Cross Left behind Right. Step Right to Right side
- 5 – 6 Cross rock Left over Right. Recover onto Right
- 7 – 8 Quarter turn Left stepping forward on Left. Brush Right forward (Facing 9 o'clock)

Right Rocking chair. Full turn Left (travelling forward). Hitch

- 1 – 2 Rock forward on Right. Recover onto Left
- 3 – 4 Rock back on Right. Recover onto Left
- 5 – 6 Half turn Left stepping back on Right. Half turn Left stepping forward on Left (Facing 9 o'clock)
- 7 – 8 Step forward on Right. Hitch Left

(Easy option for steps 5 – 8: Run forward Right. Left. Right. Hitch Left)

Run back x 3. Touch. Quarter Monterey turn Right

- 1 – 2 Run back Left. Right
- 3 – 4 Run back Left. Touch Right beside Left
- 5 – 6 Point Right to Right side. Quarter turn Right stepping Right beside Left (Facing 12 o'clock)
- 7 – 8 Point Left to Left side. Step Left beside Right

***Restart from the beginning at this point during walls 3 and 6 (Facing 12 o'clock each time)**

Heel stands forward and apart. Back. Together. Stomp forward. Bounce half turn Left

- 1 – 2 Step Right heel diagonally forward Right. Step Left heel diagonally forward Left
- 3 – 4 Step Right back to centre. Step Left back to centre
- 5 – 8 Stomp Right foot forward. Bounce heels three times making half turn Left (weight on Right) (Facing 6 o'clock)

Styling note: Dip knees and push Right shoulder forward with each heel bounce whilst turning)

Run back x 3. Hitch. Run forward x 4

- 1 – 4 Run back Left. Right. Left. Hitch Right (lean back slightly as you hitch)
- 5 – 8 Run forward Right. Left. Right. Left

Start again