

Wretched

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Paul McAdam (UK) - July 2013
音樂: Don't Go (feat. Josh Kumra) (Radio Edit) - Wretch 32 : (iTunes)



Intro Approximately 19/20 seconds into song

[1-8] & LOCK 1/2 TURN, CROSS SHUFFLE, & TOUCH, CROSS 3/4 TURN

- &1,2 Step left foot back, step right foot to right diagonal, lock left foot behind right
&3&4 Make a 1/4 turn left and step back on right foot, make a 1/4 turn left & cross left foot over right, step right foot to right side, cross left foot over right
&5,6 Step right foot to right side, touch left toe out to left side(pulling right shoulder back and left slightly forward), step left foot to left side
7&8& Cross right foot over left, make a 1/4 turn right & step back on left foot, make a 1/4 turn right and step right foot to right side, step left foot next to right

[9-16] 1/4 TURN SWEEP, WALKS BACK, BALL STEPS

- 1,2 Make a 1/4 turn right & step forward on right foot whilst sweeping left foot forward, cross left foot over right
3,4 Step back on right foot, step back on left foot
5,6 Step back on right foot, step back on left foot
&7&8 Step back on ball of right foot, step left foot in place X2

[17-24] PRESS, BUMP 1/4 TURN, & HEEL, CROSS UNWIND FULL TURN

- 1&2 Press right foot a big step forward bumping right hip, bump left hip back, bump right hip forward (weight on right)
3&4 Step left foot next to right, make a 1/4 turn right & step back on right foot, step left foot next to right
&5,6 Step right foot forward, touch left heel out to left side, cross left foot over right
7,8 Unwind a slow full turn right, weight ends in right

[25-32] SIDE BEHIND & 1/2 TURN CROSS SHUFFLE, SIDE BEHIND & 1/2 WEAVE

- 1,2& Step left foot to left side, cross right foot behind left, make a 1/4 right and step back on left foot
3&4 Cross right foot over left, make a 1/4 turn right & step left foot to left side, cross right foot over left
5,6& Step left foot to left side, cross right foot behind left, make a 1/4 turn right & step back on left foot
7&8 Cross right foot over left, make a 1/4 turn right & step left foot to left side, cross right foot behind left,
& Step left foot to the side(& slightly back) to start the dance again.

START AGAIN AND ENJOY!