

Wrecking Ball

拍數: 64 牆數: 4 級數: Easy Intermediate
編舞者: Pauline Greenwood (AUS) - September 2013
音樂: Wrecking Ball - Miley Cyrus : (Album: Bangerz - 3:43)



Position: Feet Together Weight On Left Foot. - Dance Starts After 16 Count Introduction. CW rotation.

[1 - 8] FORWARD R45, TOGETHER, FORWARD R45, TOUCH, FORWARD L45, TOGETHER, FORWARD L45, TOUCH

1,2,3,4 Step R forward to R45, Step L beside R, Step R forward to R45, Touch L beside R.
5,6,7,8 Step L forward to L45, Step R beside L, Step L forward to L45, Touch R beside L.

[9 - 16] JUMP BACK R45, TOUCH, HOLD, JUMP BACK L45, TOUCH, HOLD, SIDE TOUCH, SIDE TOUCH

&, 1, 2 Jump back on ball of R foot to R45, Touch L beside R, Hold and clap hands,
&, 3, 4 Jump back on ball of L foot to L45, Touch R beside L. Hold and clap hands.
5,6,7,8 Step R to R side, Touch L beside R, Step L to L side, Touch R beside L.

[17 - 24] GRAPEVINE HALF HITCH, GRAPEVINE TOUCH

1,2,3,4 Step R to R side, Step L behind R, Step R to R side, Turn 1/2R hitching L knee, (6.00)
5,6,7,8 Step L to L side, Step R behind L, Step L to L side, Touch R beside L.**

[25 - 32] SIDE, HOLD, BALL CROSS, SIDE, CROSS, SIDE, HOLD, BALL CROSS, SIDE, CROSS

1,2,&,3,4 Step R to R side, Hold, Step on ball of L across R, Step R to R side, Step L across R,
5,6,&,7,8 Step R to R side, Hold, Step on ball of L across R, Step R to R side, Step L across R,

[33 - 40] FULL ROLLING TURN SWEEP, QUARTER REGGAE SCUFF

1,2,3,4 Turn 1/4R stepping R forward, turn 1/2R stepping L back, Turn 1/4R stepping R to R side,
Sweep L across R,
5,6,7,8 Step L in front of R, Turn 1/4L stepping R back, Step L to L side, Scuff R forward.* (3.00)

[41 - 48] LOCK STEP SCUFF, ROCKING CHAIR

1,2,3,4 Step R forward R45, Lock step L behind R, Step R forward R45, Scuff L forward,
5,6,7,8 Step L forward, Rock weight back on R, Step L back. Rock weight forward on to R.

[49 - 56] FULL ROLLING TURN SWEEP, REGGAE SCUFF

1,2,3,4 Turn 1/4L stepping L forward, Turn 1/2L stepping R back, Turn 1/4L stepping L to L side,
Sweep R across L,
5,6,7,8 Step R In front of L, Step L back, Step R to R side, Scuff L forward.

[57 - 64] LOCK STEP SCUFF, ROCKING CHAIR

1,2,3,4 Step L forward L45, Lock step R behind L, Step L forward L45, Scuff R forward,
5,6,7,8 Step R forward, Rock weight on L, Step R back, Rock weight forward on to L.(3.00)

TAG 1: At the end of Wall 1 there is a 4 count Tag to face the front.

1,2,3,4 Step R across L. Step L across R, Step R across L, Turn 1/4L, placing weight on L (12.00)

RESTART* Restart dance on Wall 2 count 40* (3.00)

TAG 2: ** Wall 6 Count 24 there is a 4 count Tag to face the front**

1,2,3,4 Step R across L, Step L across R, Step R across L, Unwind 1/2L, placing weight on L.
(12.00)

ENDING Wall 8 count 14 Turn 1/4L Stepping L to L side. Drag R beside L.

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