

Pretty Hurts

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Adrian Lefebour (AUS) - June 2014
音樂: Pretty Hurts - Beyoncé



Notes: 32 count after the talking and the first Uh Huh Huh,
So you start the dance on the beat after the third Uh Huh Huh.

[1-8] □ Cross Samba, Step Across, 1/4 Turn, 1/2 Turn, Sweep, Step Across, Step Back, Step Back, Step Across, Step Back, 1/4 Turn, Step

1&2 Cross step L over R, Step R to R side, Step L in place
3&4& Step R across L, 1/4 Turn R Step L back, 1/2 Turn R Step R fwd, Sweep L around (9.00)
5&6 Step L across R, Step R back, Step L back whilst dragging R towards L
7&8 Step R across L, Step L back, 1/4 Turn R Step R to R side (12.00)

[9-16] □ Step Fwd, Hitch R, Step Across, Step Back, 1/2 Turn, 1/2 Pivot Turn, Step Fwd, Hitch, Step Back, 1/2 Turn, Step Spiral Turn, Step Fwd

1&2&3 Step R fwd (1.00), Hitch R knee up across L, Step R across L, Step L back, 1/2 Turn R Step R fwd (7.00)
4&5& Step L fwd, 1/2 Pivot Turn R (weight on R) (1.00), Step L fwd, Hitch R knee up
6& Step R back, 1/2 Turn L Step L fwd (7.00)
7,8& Step R fwd (prep), Full Spiral turn over L leaving weight on R, Step L fwd (7.00)

[17-24] □ Step fwd, Sweep, Step Across, Step Back, 1/4 Turn Drag, Step 3/4 Turn, Cross Samba, Step Across, Step Side

1&2&3 Step R fwd, Sweep L around, Step L across R, Step R back straightening up to the (6.00) wall, 1/4 Turn L Step L to L side whilst dragging R towards L (3.00)
4&5 Step R fwd, 1/2 Turn R Step L back, 1/4 Turn R Step R to R side
6&7 Cross Step L over R, Step R to R side, Step L in place
&8 Step R across L, Big step to L step L to side whilst dragging R towards L

[25-32] □ Rock/Step Back, Replace, 1/4 Turn, 1/4 Pivot Turn, Step Fwd, 1/2 Turn, 1/4 Turn Rock, 1/4 Turn, 1/2 Turn, 1/2 Turn, 1/2 Pivot Turn

1& Rock Step R back, Replace weight on L
2&3 1/4 Turn R Step R fwd, Step L fwd, 1/4 Pivot Turn R (weight on R) (6.00)
4&5 Step L fwd, 1/2 Turn L Step R back, 1/4 Turn L Rock L to L side (9.00)
6&7 1/4 Turn R Step R fwd, 1/2 Turn R Step L back, 1/2 Turn R Step R fwd (12.00)
8& Step L fwd, 1/2 Pivot Turn R (weight on R) (6.00)

START AGAIN

TAG: End of Wall 2

1,2& Step L across R, Replace weight back on R, Step L next to R
3,4& Step R across L, Replace weight back on L, Step R next to L

FINISH: On wall 8 dance to count 11 to finish facing the 1 o'clock wall.

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