They Haunt Me



拍数: 80 墙数: 1 级数: Phrased Intermediate

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音乐: Ex's & Oh's - Elle King



Sequence: A, A, B, B, C, Tag, A, A, B, B, C, C, Tag x 2, B, B, C, C, Tag ending Intro: □16 counts

Part A: 32 counts

A1: VINE 2 RT, UNWIND FULL TURN (4 BEATS), VINE 2 LT:

1-2 Step Rt foot to side, step Lt foot behind Rt foot

3-4 Step Rt foot to side with a ¼ turn to the right (facing 3 o'clock), step Lt foot forward

5 Pivot ½ turn to the right (facing 9 o'clock), shifting weight onto Rt foot

6 Step forward with Lt foot while turning ¼ turn to right to face front (12 o'clock)

7-8 Step Rt foot behind Lt foot, step Lt foot to left side

A2: RT KICK BALL CHANGE; RT KICK BALL CHANGE; OUT, OUT, IN, IN:

1&2	Kick Rt foot forward, step down on ball of Rt foot, step down on Lt foot
3&4	Kick Rt foot forward, step down on ball of Rt foot, step down on Lt foot

5-6 Step Rt foot forward diagonally to the right, step Lt foot forward, diagonally to the left

7-8 Step Rt foot back, step Lt foot back

A3: TOE STRUTS X 4:

1-2	Step Rt toes forward, put Rt heel on floor, put weight on Rt foot
3-4	Step Lt toes forward put Lt heel on floor, put weight on Lt foot
5-6	Step Rt toes forward, put Rt heel on floor, put weight on Rt foot
7-8	Step Lt toes forward, put Lt heel on floor, put weight on Lt foot

A4: JAZZ BOX ¼ TURN TO RT; JAZZ BOX ¼ TURN TO RT:

1-2	Step Rt foot across	in front of Lt foot.	step Lt foot back
1-2	316h Lt 1001 act 022	. III IIOIIL OI LL 1001,	Step Lt 100t back

3-4 Step Rt foot to Rt side with ¼ turn to right, step Lt foot beside Rt foot (facing 3 o'clock)

5-6 Step Rt foot across in front of Lt foot, step Lt foot back

7-8 Step Rt foot to Rt side with a ¼ turn to right, step Lt foot beside Rt foot (facing 6 o'clock)

REPEAT PART A (end facing the front @ 12 o'clock)

PART B: 16 counts

B1: RT TOUCH FWRD, TOUCH SIDE, SAILOR STEP; LT TOUCH FWRD, TOUCH SIDE, SAILOR STEP:

1-2 With weight on Lt foot, touch Rt toe forward then to the Rt side

3&4 Step Rt foot behind Lt foot, step Lt foot to the side, step Rt foot beside Lt foot

5-6 With weight on Rt foot, touch Lt toe forward then to the Lt sie

7&8 Step Lt foot behind Rt foot, step Rt foot to the side, step Lt foot beside t foot

B2: SYNCOPATED TOE AND HEEL TOUCHES, RT TOE BEHIND LT FOOT, HOLD, PIVOT ½ TURN TO RT, HOLD:

1&	With weight on Lt foot, touch Rt toe to right side, step Rt foot beside Lt foot
2&	With weight on Rt foot, touch Lt toe to left side, step Lt foot beside Rt foot
3&	With weight on Lt foot, touch Rt heel forward, step Rt foot beside Lt foot

With weight on Rt foot, step on Lt foot

Touch Rt toe behind Lt foot, hold

7-8 Pivot turn ½ to right (facing 6 o'clock), hold (weight is on Lt foot)

REPEAT PART B (end facing the front @ 12 o'clock)

PART C: 32 counts

C1: X'S AND O'S. CLAP:

1-2 Hip bumps to the right x = 2

(stand in place with weight on both feet, cross arms across chest to form the letter "X", tap shoulders with your hands while doing hip bumps)

3-4 Hip bumps to Lt x 2

(Same as above)

5-6-7 Shimmy while swinging both arms down, to the sides & up over your head to form the letter

"O".

8 Clap hands together, then drop them to your side

C2: CHASSE RT, ROCK, RECOVER, CHASSE LT, ROCK, RECOVER:

1&2	Step Rt foot to the Rt side, step	o Lt foot beside Rt fo	oot, step Rt foot to the Rt side
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3-4 Rock Lt foot back, recover weight to Rt foot

5&6 Step Lt foot to the Lt side, step Rt foot beside Lt foot, step Lt foot to the Lt side

7-8 Rock Rt foot back, recover weight to Lt foot

C3: SHUFFLE RT FORWARD, ROCK STEP, SHUFFLE LT BACK, ROCK STEP:

1&2	Step Rt foot forward.	step Lt foot beside Rt foot,	step Rt foot forward

3-4 Rock Lt foot forward, rock back on Rt foot

5&6 Step Lt foot back, step Rt foot beside Lt foot, step Lt foot back

7-8 Rock Rt foot back, rock forward on Lt foot

C4: MONTEREY 1/2 TURNS RT X 2:

1-2	With weight on Lt foot, touch Rt toe to Rt side, make ½ turn over Rt shoulder, step Rt foot

beside Lt foot, putting weight on Rt foot

3-4 Touch Lt toe out to Lt side, step Lt foot beside Rt foot, putting weight on Lt foot

5-6 Touch Rt toe to Rt side, make ½ turn over Rt shoulder, step Rt foot beside Lt foot, putting

weight on Rt foot

7-8 Touch Lt toe out to Lt side, step Lt foot beside Rt foot putting weight on Lt foot

TAG:

RUMBA BOX, HOLD:

1-2	Sten Rt foot to Rt side	step Lt foot next to Rt foot
1-2	SIED IN 1001 10 IN SIDE,	Step Lt 100t Hext to Int 100t

3-4 Step Rt foot forward, hold

5-6 Step Lt foot to Lt side, step Rt foot next to Lt foot

7-8 Step back on Lt foot, hold

RT SCISSOR STEP, HOLD, LT SCISSOR STEP, HOLD:

1-2	Step Rt foot to	Rt side, step	Lt foot beside Rt foot
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3-4 Cross Rt foot in front of Lt foot, hold

5-6 Step Lt foot to Lt side, step Rt foot beside Lt foot

7-8 Cross Lt foot in front of Rt foot, hold

TAG ENDING = FIRST 1 3 STEPS OF TAG:

[1-4]□Rumba box, hold,

1-4 Rt side together, cross, hold

1 Stomp Lt foot forward & swing arms out in Broadway style

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