Sweet Psycho



编舞者: Ross Brown (ENG) - January 2019

音乐: Sweet but Psycho - Ava Max: (Single - 3:08)



Intro: 32 Counts (Approx. 16 Seconds)

WALK FORWARD. SCUFF, OUT, OUT. HEEL TAPS; LEFT & RIGHT.

1 – 2 – 3 Walk forward; R, L, R.

4 & 5 Scuff L foot past R, step L a small step L, step R to R.

6 – 7 – 8 Twist L heel in tapping it down, recover L to L, twist R heel in tapping it down.(12 O'CLOCK)

KICK, BEHIND, SIDE ROCK. BEHIND SHUFFLE. VINE 1/4 TURN L.

1 – 2 – 3 – 4 Recover R to R kicking L to L, cross step L behind R, rock R to R, recover onto L.

5 & 6 Cross step R behind L, close L up to R, cross step R behind L.

7 & 8 Step L to L, cross step R behind L, make a ¼ turn L stepping L forward. (9 O'CLOCK)

FORWARD ROCK. STEP ½ TURN R, SIDE ¼ TURN R. BEHIND with HITCH. WEAVE RIGHT.

1 – 2 Rock R forward, recover onto L.

3 – 4 Make a ½ turn R stepping R forward, make a ¼ turn R stepping L to L.

5 – 6 – 7 – 8 Cross step R behind L hitching L back, cross step L behind R, step R to R, cross step L over R.(6 O'CLOCK)

TOE, HEEL. CROSS SHUFFLE. TOE, HEEL 1/4 TURN L. SAILOR STEP.

1 – 2 Tap R toe next to L toe, tap R heel forward to R diagonal.

3 & 4 Cross step R over L, close L up to R, cross step R over L.

5 – 6 Tap L toe next to R toe, make a ¼ turn L tapping L heel forward to L diagonal.

7 & 8 Cross step L behind R, step R to R, step L to L. (3 O'CLOCK)

SERPIENTE WEAVE.

1 – 2 – 3 – 4 Cross step R behind L, sweep L back, cross step L behind R, step R to R.

5-6-7-8 Cross step L over R, sweep R forward, cross step R over L, step L to L. (3 O'CLOCK)

STEP BACK, ROCK BACK. QUICK ROCK BACK. X2.

1 – 2 – 3 Step R back, rock L back, recover onto R.

4 & Rock L back, recover onto R.

5 – 6 – 7 Step L back, rock R back, recover onto L. 8 & Rock R back, recover onto L. (3 O'CLOCK)

FORWARD, CLOSE. BACK. CLOSE. X2. (MAKING A BOX SHAPE TURNING ¾ TURN R)

1 – 2 Step R forward, make a ¼ turn R dragging L up to R. (Weight onto L)

3 – 4 Step R back, drag L up to R. (Weight onto L)

5 – 6 Make a ¼ turn R stepping R forward, make a ¼ turn R dragging L up to R. (Weight onto L)

7 – 8 Step R back, drag L up to R. (Weight onto L) (12 O'CLOCK)

STEP, BOUNCE 1/2 TURN L. COASTER PRESS. WALK BACK. COASTER STEP.

1 – 2 – 3 Step R forward, make a ½ turn L lifting heels twice (bouncing).

4 & 5 Step L back, close R up to L, press L forward.

6-7 Walk back; R, L.

8 & (1) Step R back, close L up to R. (Walk R forward) (6 O'CLOCK)

END OF DANCE!

