

State of Shock

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Mikael Mölsä (FIN) - 24 May 2012
音乐: State of Shock - Michael Jackson & Freddie Mercury



Starting point: 32 counts from the moment the guitar starts, at about 0:32. You can alternatively start at the guitar, at about 0:16.

Note: There are two restarts in the dance, on walls 4 and 7. On those walls dance the first 16 counts and restart the dance. If you start at the guitar, the restarts are on walls 5 and 8.

STEPS FORWARD, SIDE STEP, SLIDE TOGETHER, 1/4 RIGHT TURNING SAILOR STEP, 1/4 RIGHT TURNING PIVOT

- 1-2 Step left forward, step right forward
- 3-4 Take a big step to left, slide right next to left (weight remains on left)
- 5&6 Step right behind left, step left next to right, turn 1/4 to right and step right to right diagonal (now facing 9:00)
- 7-8 Step left forward, turn 1/4 to right (weight ends up on right) (now facing 6:00)

STEP APART, BODY ROLL, HIP BUMPS, 1/4 LEFT TURNING STEP, STEP FORWARD

- 1-2 Step left to side, step right to side
- 3-4 Do a body roll from top going down for two counts (weight ends up on your right)
- 5&6& Bump your hips left-centre-left-centre (weight remains on right)
- 7-8 Turn 1/4 to left and step left forward, step right forward (now facing 9:00)

Note: Restarts come here on walls 4 and 7.

STEPS FORWARD, POSE, 1/2 RIGHT TURNING PIVOT, STEP FORWARD, STEP TOGETHER

- 1-2 Step left forward, step right forward
- 3-4 Step left to side and strike a pose like models at the end of a runway (right hand on the hip, leaning to right hip and flicking your head right, for instance), hold (weight ends up on your right foot)
- 5-6 Step left forward, turn 1/2 to right (now facing 3:00)
- 7-8 Step left forward, step right to side (shoulder width apart, weight on both feet)

MASHED POTATOES BACK, HOLD, MASHED POTATOES BACK, STEP FORWARD, TOUCH

- &1 Split your heels out, bring your heels in while stepping right back
- &2 Split your heels out, bring your heels in while stepping left back
- &3-4 Split your heels out, bring your heels in while stepping right back, hold
- &5 Split your heels out, bring your heels in while stepping left back
- &6 Split your heels out, bring your heels in while stepping right back
- 7-8 Step left forward, step right forward

REPEAT

Last Update - 12 Feb 2022