Internal Storm

级数: Advanced



拍数: 32

编舞者: Lucy Cooper (UK) - November 2024

音乐: Storm - Anthony Gargiula

 SEC 1: Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ¼ L, Sway L, Sway R, Step w. drag, Cross, ¼ R 12& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side squaring to 12:00 34& Rock back onto R opening up to R diagonal, recover onto L, step R back turning ¼ L (9:00) 56 Sway L to L side turning ¼ L, Sway to R side (6:00) 78& Step L to side dragging R in, cross R over L, step L back turning ¼ R (9:00) SEC 2: ¼ R Rock, Recover, Behind, Side Rock, Back Rock, ½ R Sweep, Back Rock, Full Spiral L, Run Run ¼ L 12& Rock R to R side turning ¼ R, recover onto L, cross R behind L (12:00) 3&4& Rock L to L side, recover onto R, rock L back, recover onto R 56& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6:00) 78& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3:00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 18:28 Step L forward, kick R forward, cross R over L, step L diagonally back 3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 56 Step R forward, Step L sweeping R and turning ½ L (9:00) 78& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 12& Step L to side turning ¼ R, step R back during ¼ R (3:00) 56& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9:00) 78& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6:00) After wall 3 Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (0:0	#8 count intro	
34& Rock back onto R opening up to R diagonal, recover onto L, step R back turning ¼ L (9.00) 56 Sway L to L side turning ¼ L, Sway to R side (6.00) 78& Step L to side dragging R in, cross R over L, step L back turning ¼ R (9.00) SEC 2: ¼ R Rock, Recover, Behind, Side Rock, Back Rock, ½ R Sweep, Back Rock, Full Spiral L, Run Run ¼L 12& Rock R to R side turning ¼ R, recover onto L, cross R behind L (12.00) 3&44 Rock L to L side, recover onto R, rock L back, recover onto L (6.00) 78& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 78& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1&2& Step L forward, kick R forward, cross R over L, step L back, Close L beside R 5 6 Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 12& Step L to side turning ¼ R, step R beside L, cross L over R 3&44 <t< td=""><td></td><td>Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side</td></t<>		Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side
 Step L to side dragging R in, cross R over L, step L back turning ¼ R (9.00) SEC 2: ¼ R Rock, Recover, Behind, Side Rock, Back Rock, ½ R Sweep, Back Rock, Full Spiral L, Run Run ¼L Rock R to R side turning ¼ R, recover onto L, cross R behind L (12.00) &4& Rock L to L side, recover onto R, rock L back, recover onto R 56& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 78& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1&2& Step R borward, kick R forward, cross R over L, step L diagonally back &&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 56 Step R forward, Step L sweeping R and turning ½ L (9.00) 78& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 12& Step L to side turning ¼ R, step R beside L, cross L over R 3&4< Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 56& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	3 4&	
 SEC 2: ¼ R Rock, Recover, Behind, Side Rock, Back Rock, ½ R Sweep, Back Rock, Full Spiral L, Run Run ¼L Rock R to R side turning ¼ R, recover onto L, cross R behind L (12.00) 3&4& Rock L to L side, recover onto R, rock L back, recover onto R 5 6& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 7 8& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back 3&44& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 56& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock Back Aork, Recover, ½ L Spiral, Cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 		
¼ L 12& Rock R to R side turning ¼ R, recover onto L, cross R behind L (12.00) 3&4& Rock L to L side, recover onto R, rock L back, recover onto R 5 6& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 7 8& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 12& Step R forward, kick R forward, cross R over L, step L diagonally back 3&44 Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 12& Step L to side turning ¼ R, step R beside L, cross L over R 3&44 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3	7 8&	Step L to side dragging R in, cross R over L, step L back turning $\frac{1}{4}$ R (9.00)
 3&4& Rock L to L side, recover onto R, rock L back, recover onto R 5 6& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 7 8& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back 3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 		
 5 6& Step L back turning ½ R sweeping R back, rock R back, recover onto L (6.00) 7 8& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1 82& Step L forward, kick R forward, cross R over L, step L diagonally back 3 84& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	1 2&	Rock R to R side turning ¼ R, recover onto L, cross R behind L (12.00)
 7 8& Step R forward hooking L in with full L spiral turn, Run L R curving ¼ L (3.00) (RESTART here on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00) SEC 3: Step, Kick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back 3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	3&4&	Rock L to L side, recover onto R, rock L back, recover onto R
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 1&2& Step L forward, kick R forward, cross R over L, step L diagonally back 3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 5 6 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	(RESTART her	re on wall 2, adjusting the Run Run to run forward rather than ¼ L to 12:00)
 3&4& Step R back to R diagonal, cross L over R, Step R back, Close L beside R 56 Step R forward, Step L sweeping R and turning ½ L (9.00) 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	SEC 3: Step, K	íick, Cross, Back, Back, Cross, Back, Together, Step, ½ L Sweep, Cross Rock, Recover, Side
 56 Step R forward, Step L sweeping R and turning ½ L (9.00) 78& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 12& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	1&2&	Step L forward, kick R forward, cross R over L, step L diagonally back
 7 8& Cross rock R over L, recover onto L, step R to R side SEC 4: ¼ R Nightclub, Side, Behind, ¼ R, Cross Rock, Recover, ½ L, ¼ L Drag, Behind, Side 1 2& Step L to side turning ¼ R, step R beside L, cross L over R 3&4 Step R to R side, cross L behind, step L forward turning ¼ R (3.00) 5 6& Cross rock L over R torquing the body to the right, recover onto R, step L forward turning ½ L (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 		
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 (9.00) 7 8& Take large step R to R side dragging left in and pushing both arms out to sides (like pushing the walls away), cross L behind R, step R to R side TAG (6.00) After wall 3 Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral, Cross Drag 1/8 L, Cross, Side, Back Rock, Recover, ½ L Spiral 1 2& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side (6.00) 3 4& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning ½ L (12.00) 	3&4	Step R to R side, cross L behind, step L forward turning ¼ R (3.00)
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½ L (12.00)		Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side
5 6& Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side	3 4&	
	5 6&	Cross L over R turning 1/8 L dragging R in and across L, cross R over L, step L to L side
7 8& Rock back onto R opening up to R diagonal, recover onto L, step R back hooking L in turning $\frac{1}{2}$ L (6.00)	7 8&	

