

# Hypnotic

拍数: 32      墙数: 4      级数: Improver  
编舞者: Francien Sittrop (NL)  
音乐: Hypnotic - Craig David



## LUNGE RIGHT, RECOVER, BEHIND, SIDE, CROSS, LUNGE LEFT, RECOVER, BEHIND, SIDE, CROSS

1-2            Lunge right to right side, recover on left  
3&4           Step right behind left, step left to side, step right across left  
5-6           Lunge left to left side, recover on right  
7&8           Step left behind right, step right to right side, step left across right

**You may sway your arms out when you do the lunges**

## LOCK STEPS FORWARD TWICE, ROCK, RECOVER, 1 ¼ TURN RIGHT

1&2           Step right forward, left cross behind right, step right forward  
3&4           Step left forward, right cross behind left, step left forward  
5-6           Rock right forward(bend knee a little bit), recover on left  
7&8           Turn (just a little bit more than) 1 ¼ right with right, left, right (4:00)

**Restart on wall 8**

## CROSS ROCK FORWARD, RECOVER, COASTER STEP, SIDE TOUCH STEPS, KICK BALL STEP

1-2           Rock left across right(bend knee a little bit), recover on right(and rondé your left foot around your right ready to do the coaster step)  
3&4           Step left back, step right next to left, step left forward  
5&6&          Touch right toe to right side, step right next to left, touch left toe to left side, step left next to right  
7&8           Right kick forward, step right next to left, left step forward (move forward)

## STEP FORWARD ¼ TURN LEFT TWICE WITH HIP SWAYS, STEP FORWARD, LEFT KICK, BEHIND SIDE, CROSS

1-2           Step right forward, make ¼ turn left (with hip sways)(12:00)  
3-4           Step right forward, make ¼ turn left (with hip sways)(9:00)  
5-6           Step right forward, left kick diagonal forward  
7&8           Step left behind right, step right to right side, step left across right

**REPEAT**

**RESTART**

**On wall 8 after 16 counts. Dance wall 8 (3:00) until count 14 (rock right forward, recover on left) then dance:**

7&8&          Turn 1 ¼ turn right with right, left, right, step left next to right (6:00)

**Adding an extra step on the last & count to let you start again lunging right to right side. Start all over again with count 1**