Hypnotized

拍数: 64

级数: Intermediate

编舞者: Shaz Walton (UK) - March 2010

音乐: Hypnotized - Tania Christopher

Count in - 32 counts- on vocals - optional styling in Italics

Side. Touch. Ball. Walk. Walk. Heel. Touch. Heel-touch-heel.

- 1-2& Step left to left. Touch right beside left. Step right beside left.
- 3-4 Walk forward left. Walk forward right.
- 5-6 Touch left heel forward. Touch left beside right.
- 7&8 Touch left heel forward. Touch left beside right. Step left forward. (Counts 5-8.....pop your shoulders)

Rock, Recover, Shuffle ½, Chasse left, Sailor ¼

- 1-2 Rock forward on right. Recover on left.
- 3&4 Shuffle 1/2 turn right.
- 5&6 Chasse left.
- Cross step right behind left. Make 1/4 right stepping left to side. Step right forward. 7&8

Rock. Recover. Ball. Touch behind. ¼. Step. Switch. Step. Switch. Step. Heel. Step. Touch.

- 1-2 Rock forward left. Recover on right.
- &3-4 Step left beside right. Touch right behind. Make ¼ right keeping weight on left.
- &5&6 Step right beside left. Touch left to left side. Step left beside right. Touch right to right side.
- &7 Step right beside left. Touch left heel forward.
- 88 Step left beside right. Touch right toes behind left.

Ball. Step. Hold. Ball. Step. Touch. Walk back x2. Coaster step.

- &1-2 Step right beside left. Step left forward. Hold.
- &3-4 Step right beside left. Step left forward. Touch right beside left.
- 5-6 Walk back right. Walk back left.
- 7&8 Step back right. Step back left. Step forward right.

Touch. 1/4 turn. Rock. Recover. Kick. Ball. Touch. Kick. Ball. Point.

- 1-2 Touch left to left side. Make 1/4 right keeping weight back on left. (Body roll)
- 3-4 Rock back on right. Recover on left.
- 5&6 Kick right forward. Step right beside left. Touch left beside right.
- 7&8 Kick left forward. Step left beside right. Touch right to right side.

Sailor step. Sailor 1/4. Sailor step. Sailor 1/2.

- 1&2 Cross step right behind left. Step left to left side. Step right to right side.
- 3&4 Cross step left behind right. ¼ left stepping right to right side. Step left to left side.
- Cross step right behind left. Step left to left side. Step right to right side. 5&6
- 7&8 $\frac{1}{4}$ left stepping left behind right. $\frac{1}{4}$ left stepping right to side. Step left forward. (sailor $\frac{1}{2}$)

Rocks forward-back-forward. Shuffle ½. Coaster step. Shuffle ½

- With body angled to left diagonal, step forward right and rock, forward-back-forward (weight 1-2-3 ends right)
- 4&5 Shuffle ¹/₂ turn right stepping left-right-left.
- 6&7 Step back right. Step back left. Step forward right.
- 8&1 Shuffle ¹/₂ turn right stepping left-right-left.

Hitch. ½. Rock. Recover. Step back. Touch. ½ right.





墙数:2

- 2-3 Hitch right. Make ¹/₂ turn right stepping right forward.
- 4-5 Rock forward on left. Recover on right.
- 6-7 Step back left. Touch right behind.
- 8 Make ¹/₂ turn right dropping weight onto right foot.

Shaz5678@sky.com - 07762 410 190