

Reality Check

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Ria Vos (NL), Robbie McGowan Hickie (UK) & Karl-Harry Winson (UK) - June 2012
音乐: Amnesia (feat. Timbaland & Brasco) (Radio Edit) - Ian Carey & Rosette : (CD: Mega House Top 100, 2012)



8 Count intro

Forward Rock. & Back Rock. 2 x 1/2 Turns Right. Left Shuffle Forward.

- 1 – 2 Rock forward on Right. Rock back on Left.
- &3 – 4 Step Right beside Left. Rock back on Left. Rock forward on Right.
- 5 – 6 Make 1/2 turn Right stepping back on Left. Make 1/2 turn Right stepping forward on Right.
- 7&8 Left shuffle forward stepping Left. Right. Left. (Facing 12 o'clock)

Forward Rock. Right Shuffle 1/2 Turn Right. Step. Pivot 1/2 Turn Right. Left Cross Samba.

- 1 – 2 Rock forward on Right. Rock back on Left.
- 3&4 Right shuffle making 1/2 turn Right stepping Right. Left. Right.
- 5 – 6 Step forward on Left. Pivot 1/2 turn Right. (Facing 12 o'clock)
- 7&8 Cross step Left forward over Right. Rock Right to Right side. Recover weight on Left.

Cross. 1/4 Turn Right. Right Lock Step Back. Back Rock. Step Forward. 1/2 Turn Left.

- 1 – 2 Cross step Right over Left. Make 1/4 turn Right stepping back on Left. (Facing 3 o'clock)
- 3&4 Step back on Right. Lock step Left across Right. Step back on Right.
- 5 – 6 Rock back on Left. Rock forward on Right.
- 7 – 8 Step forward on Left. Make 1/2 turn Left stepping back on Right. (Facing 9 o'clock)

Left Shuffle 1/2 Turn Left. Step. Pivot 1/2 Turn Left. Cross. Side. Behind & Heel.

- 1&2 Left shuffle making 1/2 turn Left stepping Left. Right. Left. (Facing 3 o'clock)
- 3 – 4 Step forward on Right. Pivot 1/2 turn Left. (Facing 9 o'clock)
- 5 – 6 Cross step Right over Left. Step Left to Left side.
- 7&8 Cross Right behind Left. Step Left to Left side. Touch Right heel Diagonally forward Right.

& Cross. Hold. & Cross & Cross. Right Side Rock. Right Sailor Cross 1/2 Turn Right.

- &1 – 2 Step ball of Right beside Left. Cross step Left over Right. Hold.
- &3 Small step Right to Right side. Cross step Left over Right.
- &4 Small step Right to Right side. Cross step Left over Right.
- 5 – 6 Rock Right out to Right side. Recover weight on Left.
- 7&8 Cross Right behind Left making 1/2 turn Right. Step Left beside Right. Cross step Right over Left.

Side Step Left. Touch Behind. Right Kick-Ball-Cross. 2 x Hip Sways. Right Chasse 1/4 Turn Right.

- 1 – 2 Long step Left to Left side. Touch Right toe behind Left heel. (Dip Down Slightly)
- 3&4 Kick Right Diagonally forward Right. Step ball of Right beside Left. Cross step Left over Right.
- 5 – 6 Step Right to Right side swaying hips Right. Sway hips Left. (Facing 3 o'clock)
- 7&8 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping forward on Right.

1/2 Turn Right. 1/4 Turn Right. Cross. Point. & Point. Hook with 1/4 Turn Left. Left Lock Step Forward.

- 1 – 2 Make 1/2 turn Right stepping back on Left. Make 1/4 turn Right stepping Right to Right side.
- 3 – 4 Cross step Left over Right. Point Right toe out to Right side. (Facing 3 o'clock)
- &5 Step ball of Right beside Left. Point Left toe out to Left side.

6 Make 1/4 turn Left – hooking Left heel across Right shin.
7&8 Step forward on Left. Lock step Right behind Left. Step forward on Left. (Facing 12 o'clock)

1/2 Turn Left. 1/4 Turn Left. Right Cross Shuffle. Left Side Rock. Behind & Step Forward.

1 – 2 Make 1/2 turn Left stepping back on Right. Make 1/4 turn Left stepping Left to Left side.
3&4 Cross step Right over Left. Step Left to Left side. Cross step Right over Left.
5 – 6 Rock Left out to Left side. Recover weight on Right.
7&8 Cross Left behind Right. Step Right to Right side. Step forward on Left. (Facing 3 o'clock)

Start Again

Ending: Dance finishes at the End of Wall 6 ... Replace Counts 63&64 with Left Sailor 1/2 Turn Left To End Facing 12 o'clock
