

Smashed

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Karl-Harry Winson (UK) - April 2013
音乐: Superstar (Smash It) - Kimberly Cole : (Album: Superstar - EP)



Intro: 48 Counts/22 Seconds

Syncopated Forward Rocks. Full turn Left. Left Coaster Cross.

- 1 – 2 Rock forward on Right. Recover weight back on Left.
- &3-4 Step Right beside Left. Rock forward on Left. Recover weight back on Right.
- 5 – 6 Make a 1/2 turn Left stepping forward on Left. Make a 1/2 turn Left stepping back on Right.
- 7&8 Step back on Left. Step Right beside Left. Cross step Left over Right.

Syncopated Side Rocks. Jazz Box 1/4 Cross.

- 1 – 2 Rock Right out to Right side. Recover weight on Left.
- &3-4 Step Right in place beside Left. Rock Left out to Left side. Recover weight on Right.
- 5 – 8 Cross Left of Right. Make 1/4 Left stepping back on Right. Step Left to Left side. Cross step Right over Left.

Chasse Left. Rock back. 1 1/4 Rolling Vine Right.

- 1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 3 – 4 Rock back on Right. Recover weight forward on Left.
- 5 – 6 Make 1/4 turn Right stepping Right forward. Make 1/2 turn Right stepping back on Left.
- 7 – 8 Make 1/2 turn Right stepping forward on Right. Step Left forward. (12.00).

Forward Rock. Foot Slides Back. 1/4 Turn-Point. 1/4 turn-Sweep/Brush.

- 1 – 2 Rock forward on Right. Recover weight back on Left.
- 3 Slide the Right foot back past the Left with weight whilst popping Left knee forward.
- 4 Slide the Left foot back past the Right with weight whilst popping Right knee forward.
- 5 – 6 Make 1/4 turn Right stepping Right out to Right side. Point Left toe out to left side.
- 7 – 8 Make 1/4 turn Left stepping forward on Left. Sweep Right foot from front to back lightly brushing the floor.

***Note: Can replace counts 3 – 4 (foot slides) with two walks back stepping: Right, Left.**

Cross-Point. Kick Ball-Touch. Knee Pushes: Left & Right. Right coaster Cross.

- 1 – 2 Cross Right over Left. Point Left out to Left side.
- 3&4 Kick Left foot forward. Step Left beside Right. Touch Right toe in place beside Left with knee pushed forward.

***Restart Here on Wall 2. (Facing 6 O'clock Wall).**

- 5 Bring Right knee in to neutral position as you push Left knee forward.
- 6 Bring Left knee in to neutral position as you push Right knee forward.
- 7&8 Step back on Right. Step Left beside Right. Cross step Right over Left.

Chasse Left. Back Rock. Right Kick Ball-Cross. 1/2 turn Left.

- 1&2 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 3 – 4 Rock back on Right. Recover weight forward on Left.
- 5&6 Kick Right foot towards Right diagonal/Corner. Step Right beside Left. Cross step Left over Right.
- 7 – 8 Make 1/4 turn Left stepping back on Right. Make 1/4 turn Left stepping Left out to Left side. (6.00).

Cross-Hold. & Heel-Hold. Ball-Cross. 1/4 turn Left. Touch-Pivot 1/4 turn.

- 1 – 2 Cross Right foot over Left. Hold.

- &3-4 Step Left foot back to Left diagonal. Dig Right heel towards Right diagonal/Corner. Hold.
&5-6 Step Right beside Left. Cross step Left over Right. Make 1/4 turn Left stepping back on Right.
7 – 8 Touch Left toe back. Pivot 1/4 turn Left transferring weight onto the Left foot as you do this.
(12.00).

Cross Rock. Right Chasse 1/4 turn. Forward Rock. Reverse Sailor 1/4 turn.

- 1 – 2 Cross rock Right over Left. Recover weight on Left.
3&4 Step Right to Right side. Close Left beside Right. Make 1/4 turn Right stepping Right forward.
(3.00).
5 – 6 Rock forward on Left. Recover weight on Right.
7&8 Step back on Left. Make 1/4 turn Right stepping Right to Right side. Step forward on Left.
(6.00).

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