Unbalanced

拍數: 40

1

級數: Intermediate

編舞者: Christopher Petre (USA)

音樂: Outa-Space - The Super Novas

The original version by Billy Preston can be used, the restart differs

KICK, BEHIND-SIDE-CROSS, TOUCH, ¼ LEFT, TRIPLE FULL TURN LEFT, AND TAP

- Kick the right foot low to the right diagonal
- 2&3 Step the right foot behind the left, step the left foot to the left, cross step the right foot over the left
- 4-5 Touch left toe out to left side, turn 1/4 left stepping onto left foot
- Turn $\frac{1}{2}$ left stepping back on right foot, turn $\frac{1}{2}$ left stepping forward on left foot, step right foot 6&7 in place next to left (facing 9:00)
- &8 Step left foot in place next to right and tap ball of right foot out to right side

REPEAT COUNTS 1-8, END FACING REAR (6:00) WALL

1-8 Repeat 1-8 above

TOUCH, COASTER STEP, ROCK, RECOVER, COASTER CROSS, SCUFF-TAP

- Touch right toe forward 1
- 2&3 Step back on the right foot, step together with the left, step forward on right
- 4 Rock forward on the heel of the left foot, with toes pointed up

For added styling kick left forward with foot turned out like kicking a soccer ball. At the same time, pop right knee forward raising up onto the ball of right foot while keeping knees and thighs together

- Recover weight back onto right foot 5
- 6&7 Step back on the left foot, step together with the right, step forward on left as you turn 1/4 left (facing 3:00)
- &8 Scuff right foot to right and tap ball of right foot slightly out to side

PRESS & KICK, BEHIND-SIDE-CROSS, ROCK, RECOVER ¼ RIGHT, STEP, FULL TURN SPIRAL

- Turning 1/4 right to face the rear (6:00) wall rock forward on the ball of the right foot, recover 1-2 weight onto the left kicking the right foot low and forward
- 3&4 Step back onto the right foot, turning ¼ left step the left foot to the left (3:00), cross step the right foot over the left
- Rock step left on the left foot twisting left to face front (12:00) wall, untwist and turn 1/4 right as 5-6 you shift weight onto right foot to face the rear (6:00) wall
- Step forward on left foot, turn one full turn right while on the ball of the left foot, raising right 7-8 knee with right ankle crossed over left ankle

SHUFFLE STEP, ROCK & CROSS, SIDE TOUCHES, BACK AND FRONT TOUCHES

- 1&2 Shuffle forward right, left, right
- 3&4 Rock step left on the left foot, recover on right foot, cross step forward with left foot
- 5&6 Touch right toe out to right side, step right next to left, touch left toe out to left side
- Step left foot next to right as you turn 1/4 left to face 3:00 wall, touch right toe back, step right &7&8& next to left and toe left heel forward, step left next to right

REPEAT

RESTART

On the 5th wall (2nd time starting at the front wall) do the first 8 counts of the dance to face the front wall and then restart. You will simply be doing the first 8 count three times in a row





牆數:4

FINALE

On the 10th wall (4th time starting at the front wall including the restart) you will be facing the 3:00 at the end of the phrase, there will be two beats to the end of the music, do the following: 1-2 Scuff the right forward turning ¼ left to front wall, present the right heel