Badly Bent 2000



拍數: 32 牆數: 4 級數: Intermediate/Advanced

編舞者: Alan "Renegade" Livett (UK)

音樂: Super Love - Exile



VINE RIGHT, SYNCOPATED ½ TURN RIGHT, SYNCOPATED ¼ TURN LEFT SWEEP, CROSS & HEEL

1-2&3	Step right to side, step left behind, step right next to left, step forward on left foot
&4	Pivot ½ turn to right on balls of feet, transferring weight onto left
&5	Pivot ¼ turn to left on balls of feet, step forward onto left
6-7	Sweep right foot in front and across left, step onto right
&8	Step back on left foot, present right heel forward

1/2 TURN LEFT, HIP BUMPS, STEP CROSS-SIDE-1/4 TURNING SAILOR SHUFFLE

1	And present left foot forward with ball on floor
2	With body at slight angle to right, bump hips forward and up
&	Bump hip backwards, bringing weight back onto right, bending leg and lowering body

3 Continuing the direction of movement, bump hip forward in lowest position

The overall shape of this pattern should be in a "C" starting at the top of the "C" and finishing at the bottom

Transfer weight forward onto right (in heel jack position) turning ½ turn to left

&4 Reverse counts &3

Weight should finish on right leg, with left hip in a slightly forward position at the top of the "C" and the ball of the left foot on the floor

85-6 Bring left foot next to right, cross right across and in front of left, step left foot to left side

Step right foot behind left, step left foot to left side, starting ¼ turn to right, step forward on right

You are now facing 3:00

RIGHT AND LEFT WIZARD OF OZ, 1/2 TURN RIGHT, RIGHT AND LEFT WIZARD OF OZ, 3/4 TURN RIGHT

&1-2	Step left ball to left side, step right heel to forward right diagonal, step onto right foot and lock left behind right
&3-4	Step right ball next to left, step left heel to forward left diagonal, step onto left foot and lock right behind left
&	Turn ½ turn to right, pivoting on ball of right foot, take weight on left
5-6	Step right heel to forward right diagonal, step onto right foot and lock left behind right
&7-8	Step right ball next to left, step left heel to forward left diagonal, step onto left foot and lock right behind left
&	Turn ¾ turn to right, pivoting on ball of right foot, take weight on left

You are now facing 6:00

STOMP, HOLD, STOMP, HOLD, TOE, TURN, CROSS, BACK TOGETHER, FORWARD, SCUFF, HITCH

1-2	Stomp forward right, hold
3-4	Stomp forward left, hold
5&6	Touch right toe to right side, keeping right leg straight, pivot ¼ turn right on left presenting right heel, step right across in front of left
&7&	Step back with left, step together with right, step forward with left
8&	Scuff right next to left. Hitch right leg, ready to start again

REPEAT