

Karmastition

拍數: 64 牆數: 1 級數: Intermediate/Advanced
編舞者: Barry Durand (USA)
音樂: Karmastition (Radio Single Mashed) - Alicia Keys



Wizard Steps (Dorothy), Kick Ball Cross Back Tap, Kick Ball Cross

12& Forward on diagonal L, lock R behind step forward diagonal L
34& Forward on diagonal R, lock L behind step forward diagonal R
5&6 Kick L forward, step on L, tap R behind L
7&8 Kick R to forward diagonal, step R, cross in front L

Side Scoots (body roll option), Monterey Turn

12&34 Side R hold 2, bring L together (&), side R (3) hold 4
&5678 L together, tap R to side, bring R foot in while turning ½ turn to right step on R, tap L to side, step together L

Walk, Walk, and Cross, Sweep, Triple

12&34 Walk R, L, turn ¼ turn to L and step side with R (&), step in place L (3), cross R in front of L
56&78 Step side L turning ¼ turn right (5), continue turning ¼ turn more (total ½ turn) sweeping leg around and do a coaster step (6&7) by stepping back R, together L, forward R, step forward L (8)

Walk, Walk, French Cross (called English Cross), Turn

12&34 Forward R, Forward L, ¼ turn right step side R, cross in front ¼ turn to right step forward R
5678 Hitch L up to R on 5 (or do a full piroette turn to right) step forward L (6), forward R (7), ½ turn to L clap and hold weight on R with L tapped (8).

Kick, Step, Lock Step, Brush, Hitch, Step ¼ turn 2x

1&2&3&4 Kick L, Step L, Lock R behind L, Step forward L, Brush R, Hitch R, ¼ turn to left and step together R
5&6&7&8 Kick L, Step L, Lock R behind L, Step forward L, Brush R, Hitch R, ¼ turn to left and step together R

Rock Recover Walk Back or Moon Walk, Coaster Step

1234 Rock forward L, recover back R, walk back L, walk back R (2-4 can be moon walks)
5&678 Coaster step by stepping back L, together R, forward L, step forward R, turn ¾ turn to left on R bringing left knee up (8) or this can be a spiral pivot type turn

Big Slide Box

12 Big side step L, drag R into L with tap and ¼ turn right
34 Big side step R, drag L into R with tap and ¼ turn right
56 Big side step L, drag R into L with tap and ¼ turn right
78 Big side step R, drag L into R with tap and ¼ turn right

Step Slides, Cross Behind, Heel Drop turn (or Spin)

12 Big side step L, drag R into L
&345 Step together R, push L to side for big step, drag R into L, cross R behind L
678 Turn ½ turn to right while lifting and dropping heels &6,&7,&8 ending with weight on R foot.

Repeat

Restart

Do dance 2 Times through. On 3rd time do 16 Counts and then restart. Need to tap together with L at end of Monterey turn, instead of step L.

