

牆數:4

級數: Intermediate Plus



拍數: 32 編舞者: Junior Willis (USA) - May 2008

音樂: Damaged - Danity Kane

Start: 32 counts into music (at point in vocals where there is no music)

Shuffle, Walk, Walk, Walk, Hitch, Back, Back, Back, Back, Cross, Point

- 1&2 Step forward on L, step R next to L, step L forward
- &3&4 (with small steps and to R diagonal) Walk forward R, walk forward L, walk forward R, hitch L knee up while bringing shoulders up and forward
- 5-6 Walk back on L, walk back on R (still facing diagonal)
- &7&8 (to face the front wall) Step back on L, step back on R, cross step L over R, touch R out to R

Cross Step, Step, Step ¼, Cross, Step, Heel, Step, Cross, Step, Heel Fan, Heel Fan

- 1-2 Cross step R over L, step back on L
- &3 Step back on R making a 1/4 turn to L, cross step L over R (9:00 wall)
- &4 Step R slightly out to R, place L heel slightly out to L and to the L diagonal
- Step back on L, cross step R over L, step L out to L &5-6
- &7&8 Up on R heel, fan R toes out, step down on R, up on L heel, fan L toes out, step down on L

Rock, Step, Heel, Back, Walk, Walk, Side Mambo, Cross ¼ Shuffle

- 1&2 Rock back on R, recover on L, place R heel forward
- &3-4 Step back on R, walk forward on L, walk forward on R
- 5&6 Rock out to L on L, step R in place, step L next to R and slightly forward
- 7&8 With ¹/₄ turn to R, cross side shuffle to Left (12:00 wall)

(step R over L, rock back on L moving slightly to L, step R over L moving slightly to L)

Step ¼, Step ½, Rock and Step ½, Step, Touch, Step Kick, Coaster

- 1-2 Step L out to L making a ¼ turn to R (3:00 wall), step R making a ½ turn to R (9:00 wall)
- 3&4 Rock forward on L, recover on R, step L forward making a ¹/₂ turn to L (3:00 wall)
- 5&6& Step forward on R, touch L next to R heel, step back on L, kick R forward
- 7&8 Step back on R, step L next to R, step R forward

Begin Again.....