

Punching Bag

拍數: 56 牆數: 2 級數: Improver
編舞者: Lorna Mursell (UK) & Roz Chaplin (UK) - October 2012
音樂: Punching Bag - Josh Turner : (CD: Punching Bag)



Intro Start on Vocals

TOES STRUTS, ROCKING CHAIR, RIGHT LOCK STEP, COASTER STEP

1& Touch right toe forward, drop right heel taking weight
2& Touch left toe forward, drop left heel taking weight
3& Rock forward on right, recover onto left
4& Rock back on right, recover onto left
5&6 Step forward on right, lock left behind right, step forward on right
7&8 Step back on left, step right beside left, step left forward

RUMBA BOX, BACK ROCK, ½ TURN, COASTER STEP

1&2 Step right to right side, step left beside right, step forward on right
3&4 Step left to left side, step right beside left, step back on to left

RESTART HERE ON WALL 3 (FACING 12 O'CLOCK) HOLD POSE TILL MUSIC RESTARTS AGAIN

5&6 Rock back on right, recover onto left, make ½ turn left stepping back on right (6)
7&8 Step back on left, step right beside left, Step left forward

SIDE TOUCHES, RIGHT GRAPEVINE

1-2 Step right to right side, touch left beside right
3-4 Step left to left side, touch right beside left
5-6 Step right to right side, step left behind right
7-8 Step right to right side, touch left beside right

SIDE TOUCHES, LEFT GRAPEVINE

1-2 Step left to left side, touch right beside left
3-4 Step right to right side, touch left beside right
5-6 Step left to left side, step right behind left
7-8 Step left to left side, touch right beside left

JAZZ BOX, CROSS ROCK X2. RUN FORWARD 3

1&2 Cross right over left, step back on left, step right beside left
3&4 Cross rock left over right, recover onto right, step left to left side
5&6 Cross rock right over left, recover onto left, step right to right side
7&8 Run forward left, right, left

FORWARD TOUCH, BACK KICK, COASTER STEP X2

1&2& Step forward Right, touch left behind right, step back left, kick right forward
3&4 Step right back, step left beside right, step right forward
5&6& Step forward left, touch right behind left, step back right, kick left forward
7&8 Step left back, step right beside left, step left forward

HEEL JACKS X2, MAMBO FORWARD, MAMBO BACK

1&2& Cross right over left, step left to left side, touch right heel forward, step right in place
3&4& Cross left over right, step right to right side, touch left heel forward, step left in place
5&6 Rock forward on right, rock back on left, step right beside left
7&8 Rock back on left, rock forward on right, step left beside right

