

Balliztic ()

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Count: 64 **Wall:** 4 **Level:** Intermediate/Advanced

Choreographer: MT (Michelle & Tracey) (UK) July 08

Music: Beautiful Nightmare by Beyonce ft Balliztic (Remix Version)

Start on Vocals (Rapping) RAP

Step 1/4 Turn Cross, Hold, Straighten,

Side Step, 1/4 1/2 Coaster Lean

1/4 , , , , 1/4 1/2

1-2

Step forward on R, Make 1/4 turn L cross L over R and bend knees (dip)

90 ()

3&4

Hold, Straighten and hitch the R(&), Step R to R side (over the wall

stylee) , ,

5-6

Make 1/4 turn L as you step forward L, Make a 1/2 turn L as you step back R.

90 , 180

7&8

L Coaster heel/lean....L heel is forward and lean back slightly. (12.00)

(12)

1/4 Hip Roll, Hold, Breathe In/Out, &

Side Rock, & 1/4 Turn Step

1/4□□ , □ , □□□□ , □□□ , □ 1/4□

1-2

Rotate hips clockwise 1/4 turn R with upper body lean forward, straighten

up(2).□□□□□□ 90□ , □□□□

3&4

Hold, Contract chest - breathe in then out (&4).

□□□ , □□ , □□

&5-6

Step R next to L, Rock L to L side, Recover on R.

□□□□ , □□□□□ , □□□□

&7-8

Step L next to R, Make 1/4 turn R stepping forward R, Step forward L. (6.00) □□□□ , □□ 90

□□□□□ , □□□□ (□□ 6□□)

□□□

1/2 Turn, 1/2 Turn, & Touch 1/2 Turn Step,

Walk Walk, Back Back/Kick.

□ 1/2, □ 1/2, □□ 1/2□ , □□ , □□ /□

1-2

Make 1/2 turn L step back on R, Make 1/2 turn L step forward on L.

□□ 180□□□□□ , □□ 180□□□□□

&3-4

**Step on R, Touch L slightly back, Unwind 1/2 turn L stepping forward L. □□□ , □□□□□ , □□
180□□□□□**

5-6

Walk forward R,L. (Brake)!!! □□□ -□ , □ (□□)

7&8

Walk back R,L,R....note as you step back on R low kick L across R, toes

pointed up (12.00) □□□ -□ , □ , □ (□□□□□□□□□□)

□□□

Hold Out Out, Sway Sway, 1/4 Step, 3/4

Spin, Hold, Toe Splits.

□ □ □ , □□□□□ , 1/4□ , 3/4□ , □ , □□□

1&2

Hold (L still off floor from previous count), step out out L,R.

□ (□□□□□□□□□□) , □□□□□ , □□□□□

3-4

Sway hips R,L, weight ends L like a prep.

□□□ , □□□□□□□□□□□□□□□□

5-6

**Make 1/4 R step forward R, Spin 3/4 turn R on R bring feet together. (12.00) □□ 90□□□□□□ ,
□□□□□ 270□□□□□□ (□□ 12□□)**

7&8

Hold (7), With toes off the floor on your heels, split toes apart(&

then together Putting toes back down.

□ , □□□□□□□□□□ , □□□□

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">

mso-font-kerning:0pt">Back Touch, ¼ Forward Touch, ¼ Back Touch, ¼ Forward Touch.

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mso-font-kerning:0pt">, 1/4□□ , 1/4

mso-font-kerning:0pt">□□

mso-font-kerning:0pt">, 1/4□□

1-2

Step back on R, Touch L next to R.□□□□ , □□□□

3-4

Make ¼ turn L step forward L, Touch R next to L.

□□ **90**□□□□□□ , □□□□

5-6

Make ¼ turn L step back on R, Touch L next to R.

□□ **90**□□□□□□ , □□□□

7-8

Make ¼ turn L step forward on L, Touch R next to L. (3.00)

□□ **90**□□□□□□ , □□□□ (□□ **3**□□)

mso-font-kerning:0pt">□□

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mso-font-kerining:0pt">Ball ¼ Cross, Hold, ½ Unwind, Scissor Cross, Side Lunge

¼ Prep, ¾ Spin. □□ 1/4□□ , □ , □ 1/2,

mso-font-kerining:0pt">□□□□ , □□□□□□ 1/4 3/4

&1-2

Step on ball of R, Make ¼ L cross L over R, Hold. (12.00)

□□□ , □□ 90□□□□□□□□□□ , □ (□□ 12□□)

3-4&5

Unwind ½ turn R, Step R to R side, Close L next to R, Cross R over L. (6.00)

□□ 180□ , □□□□ , □□□□ , □□□□□□□□ (□□ 6□□)

6-7

Lunge L to L side with R toes off floor for 2 counts.

□□□□□□□□□□

8-1

Recover ¼ turn onto R(prepare), Spin ¾ turn R on R bringing feet

together(weight L) (6.00).

□□ 90□ , □□□□ 270□□□□□□□□□□ (□□ 6□□)

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mso-font-kerining:0pt">Step ½ Pivot, ¾ Spin, & Behind, Touch Side Step.

mso-font-kerining:0pt">□□

mso-font-kerining:0pt">1/2, □ 3/4 &

mso-font-kerining:0pt">□ , □□□

2-3

Step forward R, Pivot 1/2 turn L (weight L) (12.00).

□□□□ , □□ 180□ (□□□□) (□□ 12□□)

4-5

3/4 turn slow spin L over 2 counts bringing feet together (weight R) (3.00) □ 2□□□□ 270□

(□□□□) (□□ 3□□)

&6-8

Step L behind R, Step R to R side, Touch L next to R, Step L to L.

□□□□ , □□□□ , □□□□ , □□□□

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mso-font-kerning:0pt">Out Out, R Sailor, L Sailor 1/2 Turn L, Walk R,L, Hold,

Ball Step.

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□ ,

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1-2

Step out out (rolling knees) R, L. □□ , □□

3&4

R sailor step. □□□□

5&6

L sailor 1/2 turn L. □□□□ 180□

7&8

Hold, Step R next to L, Step forward L. (9.00)

□ , □□□□ , □□□□ (□□ 9□□)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=10758