

# Balliztic!!!

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**Count:** 64      **Wall:** 4      **Level:** Higher Intermediate

**Choreographer:** M.T.Groove (UK) July 2008

**Music:** 'Beautiful Nightmare' by Beyonce ft Balliztic - Remix Version

## Start on Vocals (Rapping).....

### STEP ¼ TURN CROSS, HOLD, STRAIGHTEN, SIDE STEP, ¼ ½ COASTER LEAN.

- 1-2** Step forward on R, Make ¼ turn L cross L over R and bend knees (dip).  
**3&4** Hold, Straighten and hitch the R(&), Step R to R side (over the wall stylee).  
**5-6** Make ¼ turn L as you step forward L, Make a ½ turn L as you step back R.

### 7&8 L Coaster heel/lean.....L heel is forward and lean back slightly. (12.00)

### ¼ HIP ROLL, HOLD,BREATHE IN/OUT, & SIDE ROCK, & ¼ TURN STEP.

- 1-2** Rotate hips clockwise ¼ turn R with upper body leant forward, straighten up(2).  
**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 ¼ turn R stepping forward R, Step forward L. (6.00)

### ½ TURN, ½ TURN, & TOUCH ½ TURN STEP, WALK WALK, BACK BACK/KICK.

- 1-2** Make ½ turn L step back on R, Make ½ turn L step forward on L.  
**&3-4** Step on R, Touch L slightly back, Unwind ½ turn L stepping forward L.  
**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, ¼ STEP, ¾ SPIN, HOLD, TOE SPLITS.

- 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 ¼ R step forward R, Spin ¾ turn R on R bring feet together. (12.00)  
**7&8** Hold (7), With toes off the floor on your heels, split toes apart(&) then together Putting toes back down.

### BACK TOUCH, ¼ FORWARD TOUCH, ¼ BACK TOUCH, ¼ FORWARD TOUCH.

- 1-2** Step back on R, Touch L next to R.
- 3-4** Make  $\frac{1}{4}$  turn L step forward L, Touch R next to L.
- 5-6** Make  $\frac{1}{4}$  turn L step back on R, Touch L next to R.
- 7-8** Make  $\frac{1}{4}$  turn L step forward on L, Touch R next to L. (3.00)

**BALL  $\frac{1}{4}$  CROSS, HOLD,  $\frac{1}{2}$  UNWIND, SCISSOR CROSS, SIDE LUNGE  $\frac{1}{4}$  PREP,  $\frac{3}{4}$  SPIN.**

- &1-2** Step on ball of R, Make  $\frac{1}{4}$  L cross L over R, Hold. (12.00)
- 3-4&5** Unwind  $\frac{1}{2}$  turn R, Step R to R side, Close L next to R, Cross R over L. (6.00)
- 6-7** Lunge L to L side with R toes off floor for 2 counts.
- 8-1** Recover  $\frac{1}{4}$  turn onto R(prepare), Spin  $\frac{3}{4}$  turn R on R bringing feet together(weight L) (6.00).

**STEP  $\frac{1}{2}$  PIVOT,  $\frac{3}{4}$  SPIN, & BEHIND, TOUCH SIDE STEP.**

- 2-3** Step forward R, Pivot  $\frac{1}{2}$  turn L (weight L) (12.00).
- 4-5  $\frac{3}{4}$  turn slow spin L over 2 counts bringing feet together (weight R) (3.00)**
- &6-7-8** Step L behind R, Step R to R side, Touch L next to R, Step L to L.

**OUT OUT, R SAILOR, L SAILOR  $\frac{1}{2}$  TURN L, WALK R,L, HOLD, BALL STEP.**

- 1-2** Step out out (rolling knees) R, L.
- 3&4 R sailor step.**
- 5&6 L sailor  $\frac{1}{2}$  turn L.**
- 7&8** Hold, Step R next to L, Step forward L. (9.00)

**Start over and enjoy!**