Sho Nuff



编舞者: Pat Esper (USA) - May 2023 音乐: Bout Damn Time - Neon Union



DANCE MAP: (intro 32) 32-32-32-32-32-32-32-32-32-16-32 to the end of song

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1-2. Touch the right toes forward. Set the right heel down. (Snap fingers optional on all heel

downs)

3-4. Touch the left toes forward. Set the left heel down.

5-6. Touch the right toes forward. Set the right heel down.

7-8. Touch the left toes forward. Set the left heel down.

[9-16]: K-step quarter turn

1-2. Step forward at an angle on the right foot. Touch the left foot next to the right. (Clapping

optional on all touches)

3-4. Step back at an angle on the left foot. Touch the right foot next to the left.

5-6. Turn a quarter turn to the right stepping the right foot to the side. Touch the left foot next to

the right.

7-8. Step the left foot to the side. Touch the right foot next to the left. (Note: after 10th wall restart

happens here)

[17-24]: Weave, Side Rock, Cross, Hold

1-2. Step the right foot to the side. Step the left foot behind the right.

3-4. Step the right foot to the side. Step the left foot over the right.

5-6. Rock the right foot to the side. Recover onto the left foot.

7-8. Step the right foot over the left. Hold

[25-32] Turn, Turn, Cross, Hold, Hip bumps, Hip Bumps

1-2. Turn a quarter turn to the right stepping back on the left foot. Turn a quarter turn to the right

stepping to the side on the right foot.

3-4. Step the left foot over the right. Hold.

5-6. Touch the right foot to the side while bumping the hips to the right. Bump hips left.

7-8. Bump hips right. Bump hips to the left.