

"T"-Time

拍数: 48 墙数: 4 级数: Intermediate
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音乐: Country Down to My Soul - Lee Roy Parnell



PROGRESSIVE "T" STEPS

- 1 Small step right forward with weight on heel only and toe turned in. At the same time, lift toes of left so that they are pointing toward instep of right
- 2 Swing toes of both feet out and place feet flat on floor
- 3 Small step left forward with weight on heel only and toe turned in. At the same time, lift toes of right so that they are pointing toward instep of left
- 4 Swing toes of both feet out and place feet flat on floor
- 5 Small step right forward with weight on heel only and toe turned in. At the same time, lift toes of left so that they are pointing toward instep of right
- 6 Swing toes of both feet out and place feet flat on floor
- 7 Small step left forward with weight on heel only and toe turned in. At the same time, lift toes of right so that they are pointing toward instep of left
- 8 Swing toes of both feet out and place feet flat on floor

During the "T" steps keep knees slightly bent at all times. On counts 1 & 3 & 5 & 7, weight is on both heels with both toes raised

OPTION: Do a heel grind step

- 1 Place the right heel forward, toe turned in
- 2 Swing the right toe out and place flat on the floor
Reverse with the left heel

STOMPS, KICK BALL CHANGES, CLAPS

- 9 Stomp right to right side turning to face 1:30
- 10 Kick left across in front of right
- & Small step back on ball of left
- 11 Step right in place
- 12 Clap hands
- 13 Stomp left to left side turning to face 11:30
- 14 Kick right across in front of left
- & Small step back on ball of right
- 15 Step left in place
- 16 Clap hands

STEPS, SCUFF WALK AROUND

- 17 Step right
- 18 Scuff heel of left
- 19 Step left
- 20 Scuff heel of right
- 21 Step right
- 22 Scuff heel of left
- 23 Step left
- 24 Scuff heel of right

Use the above 8 counts (17-24) moving in a small $\frac{3}{4}$ circle to the right to end facing a new wall

HAND JIVE, 2 STOMPS, HEEL SLAP TURNS

- 25 Place right foot to floor even with right shoulder, bending both knees slightly. At the same time, slap right palm to front of right thigh and place left hand over and approximately 6 inches away from right hand

- & Bring back of right hand to meet palm of left hand
- 26 Slap right palm to front of right thigh again
- & Slap left palm to front of left thigh, placing right hand over and approximately 6 inches away from left hand
- 27 Bring back of left hand to meet palm of right hand
- & Slap left palm to left thigh again
- 28 Slap right palm to right thigh
- 29 Stomp right to right side (note: hands are no longer on thighs)
- 30 Stomp left to left side
- 31 Slap right heel with left hand behind left leg making ½ turn right
- 32 Place right foot to floor even with right shoulder, bending both knees slightly

HAND JIVE, 2 STOMPS, HEEL SLAP TURNS

- 33 Slap right palm to front of right thigh and place left hand over and approximately 6 inches away from right hand
 - & Bring back of right hand to meet palm of left hand
 - 34 Slap right palm to front of right thigh again
 - & Slap left palm to front of left thigh, placing right hand over and approximately 6 inches away from left hand
 - 35 Bring back of left hand to meet palm of right hand
 - & Slap left palm to left thigh again
 - 36 Slap right palm to right thigh
 - 37 Stomp right to right side
- Hands are no longer on thighs**
- 38 Stomp left to left side
 - 39 Slap right heel with left hand behind left leg making ½ turn right
 - 40 Place right foot to floor even with right shoulder, bending both knees slightly (you should end facing same wall you started hand jive with)

CHUG, CLAP, SLAP AND SWOOP!

- & With feet spread, small slide with left foot forward snapping the left heel down
- 41 Small slide with right foot forward snapping the right heel down
- 42 Clap hands
- & Small slide with left foot forward snapping the left heel down
- 43 Small slide with right foot forward snapping the right heel down
- 44 Clap hands
- 45 Slap left hand to left hip
- 46 Slap right hand to right hip
- 47 Shift hips to left side
- & Bend knees as hips pass from left to right
- 48 Shift hips to right side straightening legs
- & Shift weight to left foot

REPEAT
