Tuff E'nuff



拍数: 32 墙数: 4 级数: Intermediate

编舞者: Nancy Morgan (USA) 音乐: Tuff Enuff - Wynonna



SIDE ROCK, CROSS, STEP, SAILOR SHUFFLE, STEP BEHIND, SIDE, CROSS

1-2	Step right to right sid	e shifting weight fror	n right to left
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3-4 Cross right over left, step left to left side

Put right behind left, step left to left side, step forward on right
Step left behind right, step right to right side, cross left over right

SIDE ROCK, STEP, PIVOT, SWIVEL RIGHT, SWIVEL LEFT, STEP, HITCH

1-2	Step right to	right side shiftin	a weiaht from	riaht to left

3-4 Step right foot forward, pivot ½ turn to left

5-6 Swivel on balls of both feet to the right and then left (weight ends on left)
7-8 Step right foot forward, hitch left (bring left knee up as you hop on right)

STEP, HITCH, ROCK BACK, SHUFFLE FORWARD, SAILOR SHUFFLE

1-2	Step left foot forward, hitch right (bring right knee up as you hop on left)
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3-4 Step back on right and forward on left

5&6 Shuffle forward right, left, right

7&8 Sailor shuffle, left behind right, right to right side, left foot forward

WALK, WALK, HEEL SWITCHES, WALK, WALK WITH 1/4 TURN LEFT, HEEL SWITCHES

1-2 Walk forward, right, left

3&4& Put right heel forward, quickly switch right heel to left heel, quickly put left foot next to right

5-6 Walk forward, right, ¼ turn left on left

7&8& Put right heel forward, quickly switch right heel to left heel, quickly put left foot next to right

REPEAT