

拍数: 64 墙数: 4 级数: Intermediate

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# TOUCH, STEP DOWN, STEP DOWN, STEP FORWARD, TOGETHER, HEEL SPLITS The first 4 beats are done on the spot

1	Touch right toe slightly forward with right heel raised
2	Step down on right raising left heel off the floor
3	Step down on left raising right heel off the floor
4	Step down on right raising left heel off the floor
5-6	Large step forward on left, step right next to left
7-8	Split both heels apart, then together

9-16 Repeat 1-8

# STOMP RIGHT FORWARD, ¼ TURN LEFT BOUNCING RIGHT HEEL 3 TIMES, TOUCH LEFT, HOOK, TOUCH LEFT, BALL CROSS

1	Stomp right foot slightly forward with weight forward on right toes
2-4	While turning $\frac{1}{4}$ left lift & bounce right heel 3 times taking weight on right on 3rd heel bounce (9:00)
5-7	Touch left heel forward at 45 degrees left, hook left heel up to right knee, touch left heel forward at 45 degrees left
&8	Ball cross: step back onto the ball of left, step right across in front of left

## TOUCH LEFT, HOOK, TOUCH LEFT, BALL CROSS, SIDE SHUFFLE TO LEFT, CROSS UNWIND FULL TURN LEFT

1-3	Touch left heel forward at 45 degrees left, hook left heel up to right knee, touch left heel forward at 45 degrees left
&4	Ball cross (step back onto the ball of left, step right across in front of left)
5&6	Side shuffle to the left: left, right, left
7-8	Cross right in front of left, unwind a full turn to the left taking weight on left (9:00)

## SIDE SHUFFLE TO RIGHT, ½ TURN LEFT, ROCK ONTO RIGHT, SIDE SHUFFLE TO LEFT, ROCK BACK, ROCK FORWARD

1&2	Side shuffle to right (right, left, right)	
3-4	Turn ½ left (back over left shoulder) stepping onto left foot, rock weight onto right foot (3:00	
5&6	Side shuffle to left: left, right, left	
7-8	Rock back onto right, rock forward onto left	
9-16	Repeat 1-8	

## DWIGHT SWIVELS TRAVELING TO RIGHT SIDE, SIDE SHUFFLE TO RIGHT, ROCK BACK, ROCK FORWARD

1	Touch right toe to side & swivel left heel to right
2	Touch right heel to side & swivel left toe to right
3	Touch right toe to side & swivel left heel to right
4	Touch right heel to side & swivel left toe to right
5&6	Side shuffle to right: right, left, right

Rock back onto left, rock forward onto right

#### TWIST HEELS LEFT THEN CENTER, HEEL SPLITS, TWIST HEELS LEFT THEN CENTER, HEEL SPLITS

1-2 As you step left together twist both heels to left, twist both heels to center
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3-4 Split both heels apart, then together

7-8

- 5-6 Twist both heels to left, twist both heels to center
- 7-8 Split both heels apart, then together

#### **REPEAT**