

拍数: 32 墙数: 2 级数: Intermediate
编舞者: David Speight (UK) & Lorraine Speight (UK)
音乐: Just Enough Rope - Rick Trevino



"There Goes My Heart" by The Mavericks; "All That Heaven Will Allow" by The Mavericks

WALK RIGHT, LEFT, TOE & HEEL

- 1 Step forward on right foot
- 2 Step forward on left foot
- 3 Touch right foot behind left foot
- & Step back on right foot
- 4 Touch left heel forward

AND STEP, ½ TURN, ROCK BODY

- & Step on left foot beside right
- 5 Step forward on right foot
- 6 Pivot ½ turn to left
- 7 Keeping feet in place, bend knees and lean back with shoulders, stretching both arms out in front (chest height)
- 8 Straighten up, pulling arms into chest

RIGHT HEEL, HOOK, RIGHT SHUFFLE

- 9 Touch right heel forward
- 10 Hook right foot across left leg
- 11 Step slightly forward on right foot
- & Step on left foot beside right
- 12 Step slightly forward on right foot

STEP FORWARD, ½ TURN, STEP LEFT, TOGETHER

- 13 Step forward on left foot
- 14 Pivot ½ turn to right
- 15 Step to left on left foot
- 16 Step on right foot beside left

SWIVEL HEELS, TOES, HEEL, TOES MOVING RIGHT

- 17 Swivel heels to right
- 18 Swivel toes to right
- 19 Swivel heels to right
- 20 Swivel toes to center

MONTEREY TURN

- 21 Point right foot out to right side
- 22 Turn ½ right on ball of left foot stepping right foot beside left
- 23 Touch left foot out to left side
- 24 Step on left foot beside right

MASHED POTATOES WITH SWIVET

- & Split heels apart
- 25 Bring feet together, sliding right foot behind left (heel to instep)
- & Split heels apart
- 26 Bring feet together, sliding left foot behind right (heel to instep)

- & Split heels apart
- 27 Bring feet together, sliding right foot behind left (heel to instep)
- & With weight on left toe and right heel, swivel left heel to left and right toe to right
- 28 With weight on left toe and right heel, swivel left heel and right toe back to center

SYNCOATED JUMP FORWARD, HOLD, BACK, HOLD

- & Jump forward on right foot
- 29 Step on left foot beside right
- 30 Hold
- & Jump back on right foot
- 31 Step on left foot beside right
- 32 Hold

REPEAT

TAG

When dancing to "Just Enough Rope", there is a 12-count tag to be danced only once after the 4th repetition.

ROCK STEP, TRIPLE-TURN ½ RIGHT, STEP, ½ TURN

- 1 Rock forward on right foot
- 2 Rock back, and recover weight onto left foot
- 3&4 Shuffle in place right-left-right while turning ½ turn to the right
- 5 Step forward on left foot
- 6 Pivot ½ turn to right

ROCK STEP, TRIPLE-TURN ½ LEFT, STEP, ½ TURN

- 7 Rock forward on left foot
 - 8 Rock back, and recover weight onto Right foot
 - 9&10 Shuffle in place left-right-left while turning ½ turn to the left
 - 11 Step forward on right foot
 - 12 Pivot ½ turn to left
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