Just Foolin' Around



拍数: 64 墙数: 0 级数:

编舞者: Cynthia Lee

音乐: Bang, Bang, Bang - Nitty Gritty Dirt Band



WALK LEFT, WALK RIGHT, .KICK, STEP TOUCH, WALK RIGHT, WALK LEFT, KICK, STEP TOUCH

Step forward on left foot
 Step forward on right foot
 Low kick forward with left foot

&4 Step back on left foot & touch right toes next to left

Step forward on right foot
Step forward on left foot
Low kick forward with right foot

&8 Step back on right foot & touch left toes next to right

LEFT KICK-BALL-CROSS, POINT, FLICK TURN

9& Kick left foot forward & quickly take weight on ball of left

10 Cross right foot over right, taking weight 11 Point toes of left foot out to right side

12 Kick left foot sharply behind while turning ¼ right on ball of right foot

STEP, HOLD & STEP HOLD

13-14 Step forward on left foot, hold for one count

&15-16 Step right next to left, step forward on left hold for one count

KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN

17&18 Low kick with right foot, quickly step slightly forward onto right foot, pivot ¼ turn left shifting

weight to left foot.

19&20 Repeat 17&18 above

21&22 Repeat 17&18 23&24 Repeat 17&18

STEP ½ TURN, RIGHT POINT BALL CROSS, POINT BALL, CROSS, POINT. FLICK TURN

25-26 Point right toe forward, pivot ½ left on balls of feet, shifting weight forward to left foot

27 Point toes of right foot out to right side

&28 Quickly step right foot next to left & cross left over right

29 Point toes of right foot out to right side

&30 Quickly step right foot next to left & cross left over right

31 Point toes of right foot out to right side

32 Pivot ¼ turn left on ball of left foot while sharply kicking right foot behind

WALK RIGHT, WALK LEFT, KICK, STEP TOUCH, WALK LEFT, WALK RIGHT, KICK, STEP TOUCH

33 Step forward on right foot 34 Step forward on left foot

35 Low kick forward with right foot

\$36 Step back on right foot & touch left toes next to right

37 Step forward on left foot
38 Step forward on right foot
39 Low kick forward with left foot

\$40 Step back on left foot & touch right toes next to left

RIGHT KICK-BALL-CROSS. POINT. FLICK TURN

41& Kick right forward & quickly take weight on ball of right

42 Cross left foot over right, taking weight 43 Point toes of right foot out to left side

44 Kick right foot sharply behind while turning ¼ left on ball of left foot

STEP, HOLD & STEP HOLD

45-46 Step forward on right foot, hold for one count

&47-48 Quickly step left next to right, step forward on right, hold for one count

KICK, STEP TURN, KICK, STEP TURN, KICK, STEP TURN, KICK STEP TURN

Low kick with left foot, quickly step onto left foot while pivoting 1/4 right on ball of right

51&52 Repeat 49&50 above

53&54 Repeat 55&56 Repeat

STEP ½ TURN, POINT BALL CROSS, POINT BALL CROSS, POINT FLICK TURN

57-58 Point left toes forward, pivot ½ turn right on balls of feet, shift weight forward onto right foot

Point toes of left foot out to left side

&60 Quickly step left next to right and cross right over left

Point toes of left foot out to left side

&62 Quickly step left next to right and cross right over left

Point toes of left foot out to left side

&64 Pivot ¼ right on ball of right foot while sharply kicking left foot behind

REPEAT

While executing point ball crosses, (steps 25-30 and 57-62) turn head to face in direction toes are pointing, chin raised (attitude) for further styling extend hand on same side as pointed toes with palm out (as if saying stop) on counts 3 & 5, and palm down on count &4 and &6. Other hand is flat on small of back (hip) with fingers pointed down.