

Just A'chuggin' Along

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: Beginner
编舞者: Lindy Bowers (USA)
音乐: Is There Life out There - Reba McEntire



HEEL SWITCHES RIGHT-LEFT-RIGHT, CLAP, SIDE SHUFFLE RIGHT, ROCK, STEP

1-4 Right heel in front, switch to left heel, switch to right heel, clap
5-8 Side shuffle to right, right-left-right, rock back on left, recover on right

HEEL SWITCHES RIGHT-LEFT-RIGHT, CLAP, SIDE SHUFFLE RIGHT, ROCK, STEP

1-4 Left heel in front, switch to right heel, switch to left heel, clap
5-8 Side shuffle to left, left-right-left, rock back on right, recover on left

STOMP RIGHT, LEFT, CLAP TWICE, REPEAT

Bend knees while stomping, make slight fists and roll hands in circular motion...as in "chuggin' along"

1-4 Stomp right, stomp left, clap twice
5-8 Stomp right, stomp left, clap twice

MONTEREY TURN, REPEAT

1-2 Touch right toe to side, turn ½ turn right and step right beside left
3-4 Touch left toe to left side, step left beside right
5-8 Repeat counts 1-4 (25-28)

RIGHT KICK, KICK, COASTER STEP; LEFT KICK, KICK, COASTER STEP

1-2 Kick right. Foot forward twice
3&4 Step back on right & step left beside right, step right foot forward
5-8 Kick left. Foot forward twice
7&8 Step back on left & step right beside left, step left foot forward

RIGHT STRUT, LEFT STRUT, RIGHT STRUT WITH ¼ TURN LEFT, STOMP LEFT, CLAP

1-2 Touch right toe forward, step down on heel
3-4 Touch left toe forward, step down on heel
5-6 Turn ¼ left and touch right toe forward, step down on heel
7-8 Stomp left beside right, clap

REPEAT