

拍数: 56 墙数: 4 级数: Intermediate
编舞者: Nancy Morgan (USA)
音乐: Sittin' On Go - Bryan White



MOVE RIGHT HEEL TO RIGHT, THEN TOE AROUND AND UP, THEN TOE BACK AROUND AND HEEL BACK TO LEFT, STOMP RIGHT, CLAP THEN LEFT, CLAP

- 1 Move right heel to right so that the right side of your foot faces forward
- 2 Pivot back of heel with toe in air till your toe points to right side
- 3 Move toe back till the right side of your foot faces forward
- 4 Move heel back to left foot
- 5 Stomp right foot forward
- 6 Clap
- 7 Stomp left foot forward
- 8 Clap

SLOW COASTER STEP, STOMP LEFT NEXT TO RIGHT, MOVE LEFT HEEL TO LEFT, THEN TOE AROUND AND UP, THEN TOE BACK AROUND AND HEEL BACK TO RIGHT

- 1-3 Step back on right, step back left, step forward right
- 4 Stomp left next to right
- 5 Move left heel to left so that the left side of your foot faces forward
- 6 Pivot back of heel with toe in air till your toe points to left side
- 7 Move toe back till the left side of your foot faces forward
- 8 Move heel back to right foot

STOMP RIGHT, CLAP, THEN LEFT, CLAP, SLOW COASTER STEP, STOMP LEFT FORWARD

- 1 Stomp right foot forward
- 2 Clap
- 3 Stomp left foot forward
- 4 Clap
- 5-7 Step back on right, step back left, step forward right
- 8 Stomp left forward

SHUFFLE FORWARD RIGHT, STOMP LEFT FORWARD AND CLAP, SHUFFLE BACK LEFT, STOMP RIGHT, CLAP

- 1&2-4 Shuffle right forward (right, left, right), stomp left forward, clap
- 5&6-8 Shuffle left back (left, right, left) stomp right back, clap

SIDE SHUFFLE RIGHT, ROCK STEP, SIDE SHUFFLE LEFT, ROCK STEP

- 1&2-4 Side shuffle right, (right, left, right), rock step (step back on left and forward on right)
- 5&6-8 Side shuffle left (left, right, left), rock step (step back on right and forward on left)

VINE RIGHT, TOUCH, STEP, SLIDE STEP, WITH BRUSH

- 1-4 Step forward on right, left behind right, right to right side, touch left to right
- 5-8 Step left to left side as you ¼ turn to left, slide right to left, step forward on left, brush right foot forward and cross over left

JAZZ BOX SQUARE, GRIND RIGHT HEEL ½ TURN TO RIGHT, DROP TOE, STOMP LEFT, RIGHT

- 1-4 Set right foot next to left, step back on left, step right to right side, stomp left next to right
- 5-8 Grind heel around ½ turn (your legs will cross), drop toe on count 6, stomp left then right

REPEAT

