Fed Up



编舞者: Pauline Grey

音乐: I've Had Enough - The Tractors



SIDE, TOGETHER, SIDE, TOGETHER, HEEL, TOGETHER

1-2	Touch right toe to right side, bring right foot back to neutral
3-4	Touch left toe to left side, bring left foot back to neutral
5-6	Touch right heel out to front, bring right foot back to neutral
7-8	Touch left heel out to front, bring left foot back to neutral

STEP, TURN 1/4 LEFT, TOUCH, SIDE, TOUCH, SIDE, FLICK, SIDE, FLICK

1-2	Step forward on right foot, turning ¼ left, touch left toe next to right and clap
3-4	Step to left side on left foot, touch right toe next to left foot and clap
5-6	Step right foot to right side, flick left foot up behind right leg (slap left heel if desired)
7-8	Step left foot to left side, flick right foot up behind left leg (slap right heel if desired)

VINE RIGHT, SCUFF, VINE LEFT, SCUFF

1-2	Step right foot to right side, cross/step left foot behind right
3-4	Step right foot to right side, scuff left foot through neutral
5-6	Step left foot to left side, cross/step right foot behind left
7-8	Step left foot to left side, scuff right foot through neutral

STEP, PIVOT 1/4 LEFT TWICE, TOE/HEEL STRUTS TWICE

3-4	Step forward on right foot, pivot ¼ left taking weight onto left foot
5-6	Step toe of right foot forward, bring right heel down to floor (click fingers on count 6 if desired)
7-8	Step toe of left foot forward, bring left heel down to floor (click fingers on count 8 if desired)

Step forward on right foot, pivot 1/4 left taking weight onto left foot

REPEAT

1-2

ENDING

Do 1st toe/heel then stomp left foot next to right