

Designated Drinker

拍数: 64 墙数: 4 级数: Improver
编舞者: Joanne Brady (USA)
音乐: You Ain't Much Fun - Toby Keith



PELVIC AND KNEE ROLLS

- 1-2 Bump hips (pelvic area) forward for 2 beats of music
- 3-4 Bump hips (pelvic area) back for 2 beats of music
- 5-8 With knees slightly bent, roll both knees counterclockwise making 2 complete circles

HEEL TAPS & SAILOR SHUFFLE

- 1-2 Tap left heel forward 2 times
- 3-4 Tap left toe to the side 2 times
- 5 Tap left heel forward for 1 time
- 6 Tap left toe to the side 1 time
- 7 Left foot steps back at a 45 degrees angle, crossing behind the right
- & Step to the right side with the ball of the right foot.

The left foot lifts slightly

- 8 Left foot steps slightly to the left

- 1-2 Tap right heel forward 2 times
- 3-4 Tap right toe to the side 2 times
- 5 Tap right heel forward 1 time
- 6 Tap right toe to the side 1 time
- 7 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

The right foot lifts slightly

- 8 Right foot steps slightly to the right

SAILOR SHUFFLES WITH HEEL SWIVELS AND ¼ TURN

- 1 Left foot steps back at a 45 degrees angle, crossing behind the right
- & Step to the right side with the ball of the right foot.

The left foot lifts slightly

- 2 Left foot steps slightly to the left
- 3 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

The right foot lifts slightly

- 4 Right foot steps slightly to the right
- 5 Swivel both heels to the left
- 6 Swivel both heels turn to the right, twisting the body a ¼ turn to the left
- 7 Kick right foot forward and step back on ball of right foot
- & Slightly lift left foot
- 8 Step down on left foot beside right

STEP SLIDES AT 45 DEGREE ANGLE

- 1 Step forward on right foot at 45 degrees angle to right
- 2 Slide left foot up to right foot
- 3 Step forward on right foot
- 4 Scuff left heel next to right foot
- 5 Step forward on left foot at 45 degrees angle to left
- 6 Slide right foot up to left foot

- 7 Step forward on left foot
- 8 Scuff right heel making a ¼ turn to left

CROSS OVER & SAILOR SHUFFLES

- 1 Cross right foot over in front of left putting weight on right foot
- 2 Step slightly back on left foot
- 3 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

The right foot lifts slightly

- 4 Right foot steps slightly to the right
- 5 Left foot steps back at a 45 degrees angle, crossing behind the right
- & Step to the right side with the ball of the right foot.

The left foot lifts slightly

- 6 Left foot steps slightly to the left
- 7 Right foot steps back at a 45 degrees angle crossing behind the left
- & Step to the left side with the ball of the left foot.

The right foot lifts slightly

- 8 Right foot steps slightly to the right

STEP SLIDES AT 45 DEGREES ANGLE

- 1 Step forward on left foot at 45 degrees angle to left
- 2 Slide right foot up to left foot
- 3 Step forward on left foot
- 4 Scuff right heel next to left foot
- 5 Step forward on right foot at 45 degrees angle to right
- 6 Slide left foot up to right foot
- 7 Step forward on right foot
- 8 Scuff left heel making a ¼ turn to right

CROSS OVER & SAILOR SHUFFLES

- 1 Cross left foot over in front of right putting weight on left foot
- 2 Step slightly back on right foot
- 3 Left foot steps back at a 45 degrees angle crossing behind the right
- & Step to the right side with the ball of the right foot.

The left foot lifts slightly

- 4 Left foot steps slightly to the left
- 5 Right foot steps back at a 45 degrees angle, crossing behind the left
- & Step to the left side with the ball of the left foot.

The right foot lifts slightly

- 6 Right foot steps slightly to the right
- 7 Left foot steps back at a 45 degrees angle crossing behind the right
- & Step to the right side with the ball of the right foot.

The left foot lifts slightly

- 8 Left foot steps slightly to the left

REPEAT
