A Good Year



拍数: 32

墙数:4

级数: Easy Intermediate

编舞者: LeAnne Lesmeister (USA) & John Dembiec (USA) - May 2013

音乐: 1994 - Jason Aldean

回动激励

Start on Vocals		
[1-8] L Toe Heel Stomp, R Toe Heel Stomp, L Forward Rock, Recover, L Back Triple		
1&2	L Touch Toe, L Touch Heel, L Stomp	
3&4	R Touch Toe, R Touch Heel, R Stomp	
5-6	L Rock Forward, Recover on R	
7&8	L Step Back, R Step Together, L Step Back	
[9-16] R Step Side while making a ¼ turn Right, L Step Side while making a ½ turn Right, R Sailor Step, L Behind R, R Step Side, L Step Forward, R Kick Ball L Point to Left Side		
1-2	While making a ¼ turn Right R Step Side (you will end facing 3:00), While making a ½ turn Right L Step Side (you will end facing 9:00 with weight on L)	
3&4	R Step behind L, L Step Left Side, R Step Right Side	
5&6	L Step Behind R, R Step Right Side, L Step Forward	
7&8	R Kick Forward, R Step next to L, L Point to Left Side	
OPTIONAL RESTARTS: Wall 3,4,6 & 7 – replace "Left Point to Side" with "Left Touch Beside Right" and restart dance.		
[17-24] L Kick Forward	Ball R Point to Right Side, Right $\frac{1}{2}$ turn Monterey, R step back, L Back Coaster, R Triple	
1&2	L Kick Forward, L Step next to R, R point to Right Side	
3-4	Make 1/2 turn Right hitching R knee up	
5&6	L Step Back, R Step Together, L Step Forward	
7&8	R Step Forward, L Step Together, R Step Forward	

[25-32] L Step Forward with ¼ turn with Hip Bumps, R Step to Side with ¼ turn with Hip Bumps, Right Jazz Box

- 1&2Make ¼ turn R Step Left to Left bumping left hip left, bump right hip to right, bump left hip left3&4Make 1/4 turn Right step Right to right bumping right hip right, Bump left hip to left, Bump
- right hip right
- 5-6 L Step over R, R Step back
- 7-8 L Step to Left Side, R Step forward

The Restarts are optional - the phrasing works itself out.

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