

# Swifty Feet

拍數: 32      牆數: 1      級數: Absolute Beginner  
編舞者: Yovana Russell (CAN) - March 2020  
音樂: Pick Her Up (feat. Travis Tritt) - Hot Country Knights



## Heel touch Front (R) (L) (R) (L)

- 1-2      Right heel touch front, recover back beside L foot
- 3-4      Left heel touch front, recover back beside R foot
- 5-6      Right heel touch front, recover back beside L foot
- 7-8      Left heel touch front, recover back beside R foot

## Heel cross / hook (R) (L)

- 1-4      Touch R heel to the side diagonally, hook R foot in front of L foot with toe touch, touch R heel out to the side diagonally, step on R foot next to L foot
- 5-8      Touch L heel to the side diagonally, hook L foot in front of R with toe touch, touch L heel out to the side diagonally, step on L foot next to R foot

## Rocking horse x2

- 1-2      Rock forward onto R foot, toe touch back with L
- 3-4      Rock back onto L foot, toe touch front with R
- 5-6      Rock forward onto R foot, toe touch back with L
- 7-8      Rock back onto L foot, toe touch front with R

## Rocking Chair

- 1-8      Rock R foot forward, rock R foot backwards x2  
(Optional: Pivot on 5 6-7-8 onto 2 half turns)

## Restart on 10th start of dance (or 10th wall)

### \*\*\*4 Walls options at the end on 5-6-7-8

#### Pivot $\frac{1}{2}$ , then $\frac{1}{4}$ turn

- 5-6      Right foot touch frwd, pivot  $\frac{1}{2}$  onto left shoulder,
- 7-8      Right foot touch frwd,  $\frac{1}{4}$  turn onto left shoulder.