

A Little Bit

拍數: 32 牆數: 4 級數: Improver
編舞者: Carol Cotherman (USA)
音樂: A Little Bit Of Life - Craig Morgan



RIGHT HEEL, HITCH, HEEL, COASTER STEP, LEFT HEEL, HITCH, HEEL, COASTER STEP

1&2 Right heel forward at a 45 degree angle to the right, hitch right leg, right heel forward
3&4 Step back on right, step left next to right, step forward on right
5&6 Left heel forward at a 45 degree angle to the left, hitch left leg, left heel forward
7&8 Step back on left, step right next to left, step forward on left

Optional hands:

1&2 Push down with hands in front and slightly to the right on heel steps, bend elbows and lift hands slightly on hitch. Do the same to the left on 5&6

RIGHT LOCKING TRIPLE FORWARD, LEFT LOCKING TRIPLE FORWARD, ½ PIVOT LEFT, BACK ROCK STEP, SCUFF, HITCH

1&2 Step forward on right, step left behind right, step forward on right
3&4 Step forward on left, step right behind left, step forward on left
5-6 Step forward on right, pivot ½ turn left onto left foot
&7&8 Rock back on right, rock forward on left, scuff right foot, hitch right knee while scooting back on left foot

SCISSORS STEPS, CROSS WITH ¾ UNWIND, SAILOR STEP

1&2 Step right foot to the right side, step left beside right, cross right over left
3&4 Step left foot to the left side, step right beside left, cross left over right
5-6 Cross right over left, unwind ¾ turn to the left
7&8 Step left behind right, step right to right, step left in place

SIDE RIGHT, BEHIND, SIDE SHUFFLE, SYNCOPATED CROSS ROCK STEP, SCUFF, HITCH, ROCK STEP

1-2 Step right to right side, step left behind right
3&4 Side shuffle right, left, right
5&6 Cross rock left over right, recover on right, step left beside right
&7&8 Scuff right foot, hitch right knee, rock back on right, rock forward on left

REPEAT