No, Dr. Phil



拍數: 32 牆數: 4 級數: Intermediate

編舞者: Nancy Morgan (USA)

音樂: When It Rains - Gretchen Wilson



Count 8 counts from the time the song starts, then begin

KICK FORWARD, KICK !	SIDE GAILOD CHLIEF	E KICK EUDIWADD	KICK SIDE	SAIL OD SHLIEELE

1-2	Kick right foot forward	, kick right foot to right side
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3&4 Sailor shuffle - step right behind left, left to left side, right foot forward

5-6 Kick left foot forward, kick left foot to right left

7&8 Sailor shuffle - step left behind right, right to right side, left foot forward

FORWARD ROCK, SKIP BACK FOR 4 COUNTS, BACK ROCK

1-2	Rock/step forward on right and back on le	ft

&3 Lift right foot up as you hop on left, bring and set right foot directly behind left (it is like

skipping backwards)

&4 Lift left foot up as you hop on right, bring and set left foot directly behind right &5 Lift right foot up as you hop on left, bring and set right foot directly behind left &6 Lift left foot up as you hop on right, bring and set left foot directly behind right

7-8 Back rock/step on right and forward on left

STEP FORWARD, BOUNCE TWO TIME IN ½ TURN TO LEFT, KICK FORWARD, BACK COASTER, FORWARD COASTER

1 Step forward on right (stay on balls of feet)

2-3 Bounce two (2) times on heels as your turn one half turn to left (weight is on right)

4 Kick left foot forward

5&6 Back coaster step - step back on left, back on right, and forward on left

7&8 Forward coaster step - step forward on right, step forward on left, step back on right

TOUCH BACK, ¼ TURN LEFT, SWIVEL, SWIVEL ¼ TURN LEFT, KICK-BALL-CHANGE SWIVEL, SWIVEL ¼ TURN LEFT

1-2 Touch left toe back, pivot ¼ turn to your left (weight is even)

3 Swivel both feet to right (on balls of feet)

4 Swivel both feet to left ¼ turn to left (on balls of feet, weight ends on left)

5&6 Kick-ball-change - kick right foot forward, put right next to left as you pick left off floor, set left

next to right

7 Swivel both feet to right (on balls of feet)

8 Swivel both feet to left ¼ turn to left (on balls of feet, weight ends on left)

REPEAT