Just A Dance



拍數: 48 牆數: 4 級數: Intermediate

編舞者: Nancy Morgan (USA)

音樂: Tee-Ni-Ne-Ni-Noo - Lou Ann Barton



VINE TWO AND CROSS, STEP, CROSS ROCK AND CROSS, STEP

| 1-2 | Ston | right to | right side, | cton | loft. | hahind ri | aht |
|-----|------|-----------|--------------|------|-------|-----------|-----|
| I-Z | Sieb | rigrit to | rigrit Side. | Step | ıeπ | benina n | gni |

&3-4 Step back on right and cross left over right, step right foot to right side
5-6 Cross left in front of right shifting weight from left back to right (rock step)

&7-8 Step back on left and cross right over left, step left foot to left side

HEEL AND HEEL AND TOUCH AND 1/4 TURN, HEEL AND HEEL AND TOUCH AND 1/4 TURN

Put right heel forward, put right next to left and put left heel forward, put left next to right

3-4 Put right heel forward, put right next to left and put left heel forward, put left next to right

3-4 Put right heel forward, put right next to left and put left heel forward, put left next to right

ahead of left)

ahead of left)

VINE TWO, ¼ TURN SHUFFLE FORWARD, STEP, ½ TURN, ½ TURN SHUFFLE BACK

1-2 Step right to right side, step left behind right

3&4 Turning ¼ turn to your right, shuffle forward - right, left, right

5-6 Step left, ½ turn right (weight ends on right)

7&8 Turn ½ turn to right as you shuffle back - left, right, left

SHUFFLE BACK, COASTER STEP, WALK, WALK, STEP, 1/4 TURN STOMP

1&2 Shuffle back - right, left, right

3&4 Coaster step - step back on left, back on right, forward on left

5-6 Walk forward 2 steps - right, left

7-8 Step forward on right, turn ½ turn to left as you stomp on your left

TWO SAILOR SHUFFLES, STOMP, HOLD, BODY ROLL

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

5-6 Stomp right foot forward, hold for 1 count

7-8 Body roll from front to back (lead with chest into a sitting position) (weight ends on left)

WALK, WALK, TOUCH, STEP, COASTER STEP, TOUCH, 1.4 TURN

1-2 Walk forward 2 steps - right, left

3-4 Touch right next to left instep, step back on right

5&6 Coaster step - step back on left, back on right, forward on left

7-8 Touch right toe to left instep, twist ¼ turn to your left on ball of right foot (weight is on left)

REPEAT