

Hit Me!

拍數: 48 牆數: 4 級數:
編舞者: Marg Jones (CAN)
音樂: If I Fall You're Going Down with Me - The Chicks



SHUFFLE FORWARD, ROCK, RECOVER, TOE DIGS LEFT, RIGHT

1&2 Shuffle forward right, left, right
3-4 Rock forward on left, recover back onto right
5-6 Dig left toe back, lower left heel
7-8 Dig right toe back, lower right heel

SHUFFLE BACK, ROCK, RECOVER, TOE DIGS RIGHT, LEFT

9&10 Shuffle back, left, right, left
11-12 Rock back on right, recover forward onto left
13-14 Dig right toe forward, lower right heel
15-16 Dig left toe forward, lower left heel

JAZZ BOX TURNING ½ RIGHT WITH SCUFF; STEP SCUFFS

17-18 Step right across left, step back on left, starting ½ turn right
19-20 Step right to side, completing ½ turn right, scuff left forward
21-22 Step forward on left, scuff right forward
23-24 Step forward on right, scuff left forward

JAZZ BOX TURNING ¼ LEFT WITH SCUFF; STEP SCUFF, STEP TOUCH

25-26 Step left across right, step back on right, starting ¼ turn left
27-28 Step left to side, completing ¼ turn left, scuff right forward
29-30 Step forward on right, scuff left forward
31-32 Step forward on left, touch right beside left

¼ RIGHT MONTEREY, SHUFFLE RIGHT, ROCK, RECOVER

33-34 Point right toe to right, pivot ¼ right on ball of left, step right beside left
35-36 Point left toe to left, step left beside right
37&38 Shuffle to right, right, left, right
39-40 Rock left back, recover forward onto right

¼ LEFT MONTEREY, SHUFFLE LEFT, 2 STOMPS

41-42 Point left toe to left, pivot ¼ left on ball of right, step left beside right
43-44 Point right toe to right, step right beside left
45&46 Shuffle to left, left, right, left
47-48 Stomp down on right, stomp down on right

REPEAT
