

Getting Into It

拍數: 56 牆數: 1
編舞者: Annette Wright (UK)
音樂: Delores - The Mavericks

級數: Intermediate/Advanced



SLAP LEATHER,TOE TOUCH 1/8 TURN TO LEFT X 4

- 1 Right foot lift up to right side with knee bent, slapping foot with right hand, moving on ball of left foot 1/8 turn to left at the same time
- & Right toe touch beside left foot
- 2&3&4& Repeat 1 & - 3 more times, to complete a ½ turn to left over all
- 5-6 Right foot step forward, left toe touch forward
- 7-8 Left foot step backwards, right toe touch backwards

SLAP LEATHER,TOE TOUCH 1/8 TURN TO LEFT X 4

- 9-16 Repeat 1-8

PADDLE TURN ¼ TURN LEFT X 4 DON'T FORGET YOUR BEADS!

- 17 Place right foot forward on toe, get your long beads in right hand and twirl them
- & Move a ¼ turn to left on ball of left foot lifting right toe slightly off floor/twirling
- 18&19&20& Repeat 17 & three more times

WALK FORWARD,FOOT LIFT,(OOH/HANDS)

- 21-22-23 Walk forward on right foot, left foot, right foot
- 24 Lift left foot up to left side, hands push up to right side of head, and say ooh
- 25-26-27 Walk forward on left foot, right foot, left foot
- 28 Lift right foot up to right side, hands push up to left side of head, and say ooh

STEP BACK ¼ TURN RIGHT,TOE TOUCH,STEP ACROSS,TOE TOUCH

- 29-30 Right foot step back making a ¼ turn to right, left toe touch out to left side
- 31-32 Left toe touch diagonally forward to right, left toe touch diagonally back to left
- 33-34 Left foot step across over right foot to right, right toe touch to right side
- 35-36 Right toe touch diagonally forward to left, right toe touch diagonally back to right

STEP TO RIGHT,STEP BESIDE,SIDE CHASSE,PIGEON TOES*

- 37-38 Right foot step to right, left foot step beside right foot
- 39 Right foot step to right
- &40 Left foot step beside right foot, right foot step to right
- 41 With weight on left toe and right heel, move toes apart (as in applejacks)
- 42 Change weight to left heel and right toe, move toes together, (moving to right)
- 43-44 Repeat 41-42

Optional: move hands outwards when toes go out, and inwards when toes move in

Swivels: if swivels danced instead of pigeon toes start with toes, heels, toes, heels all to right. Right foot will then be in place for count 45 & etc. Counts 41-44 may be danced double time ie:41 & 42 & etc

HEEL SWING,KEEPING RIGHT TOE ON FLOOR,PUMPING RIGHT ELBOW

- 45& Lift right heel, and move heel outwards and inwards with right hand on hip, elbow moving out and in
- 46& Repeat 45 &
- 47&48& Repeat 46 & 47 &

STEP-TOE TOUCH/HANDS ¼ TURN LEFT

- 49 Right foot step to right

- 50 Left toe touch beside right foot, knee pointing to right, hands lifting up to left side
51 Making a $\frac{1}{4}$ turn to left, step onto left foot, (now facing home wall)
52 Right toe touch beside left foot, knee pointing to left, hands lifting up to right side

HANDS WITH OPEN FINGERS,HOLD FOOT POSITION AS COUNT 52

- 53 Place right hand on front of left shoulder
& Place left hand on front of right shoulder, crossing over right arm
54 Place right hand on front of left hip
& Place left hand on front of right hip, crossing over right arm
55&56& Repeat 53 & 54 &

REPEAT
