

拍數: 48 牆數: 4 級數:

編舞者: Tina Hebert (USA)

音樂: 40 Days and 40 Nights - Tim McGraw



#### FORWARD, 1/4 TURN, ROCK BACK AND 3/4 TURN

1	Step forward	on right foot
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2 Step forward on left foot turning ¼ to the right (left side will be facing original wall)

Rock weight back to right footCross left foot behind right foot

5-6 Turn ¾ to the right ending up with feet together facing original wall on count of 6

#### STEP APART AND BACK TOGETHER

Step left foot to left and then right foot to right ending up with feet spread apart
Step left foot to right and then right foot to left ending up with feet back together
Repeat &7 above
Repeat &8 above

### RIGHT/LEFT TOE TOUCHES, SLAP, AND DIP/TWIST ON LEFT

3 Touch right toe to 3 o'clock position

Feet back together then touch left toe to 9 o'clock position
Feet back together then touch right toe to 3 o'clock position

6 Raise right foot behind and slap with right hand

7 Touch forward with right foot keeping weight on left foot

8 Stoop down and up on left leg (good place for style like a shoulder and body twist while doing

this dip move)

Count 8 is a bounce or dip type move with style thrown in. It occurs on one count, but could also be written by breaking it down into a downward movement on &, followed by an upward movement on 8.

## STEP OUT AND OVER

1 Shift weight forward to right foot

2 Touch left toe to 10 o'clock position (weight still on right foot)

3 Cross left foot in front of right

4 Touch right toe to 2 o'clock position

5 Cross right foot in front of left

6 Touch left toe to 10 o'clock position

### **FULL TURN WITH LEFT LEG OUT**

7 Place left toe behind right foot and begin turning to right for full turn

8 Be 3/4 through with turn on this count

1 Extend left leg to far left at end of turn

2 Drag left leg back

### ELVIS KNEES, HEEL TOUCHES, 1/2 PIVOT TURN

3 Left elvis knee (lift left heel keeping toe in place while bending the left knee in front of the

right knee)

4 Right elvis knee (reverse of above)

5 Touch right heel forward

&6 Bring right foot back together then left heel forward

&7 Bring left foot back together then step forward on right foot

8 Pivot ½ turn to left (facing back wall)

### FULL PIVOT TURN, DIP, AND ELVIS KNEES

Step right foot forward
Pivot ½ to the left
Pivot ½ to the right

4 Dip down

5-6 Rise up while dragging left foot back together slowly (2 counts)

7 Right Elvis knee8 Left Elvis knee

At count 1, a forward step on the right foot will extend the legs one pace apart The pivots of counts 2 and 3 occur on the balls of the feet and thus, the distance between the left and right leg established in count 1 is maintained. Then, on counts 5 and 6, the left foot is brought slowly together with the right foot. Counts 3 and 4 above are sometimes combined by bending at the waist on count 3 while pivoting ½ to the right.

# STEP LEFT, KICK AND TURNING SHUFFLE TO RIGHT, SAILOR SHUFFLE

1 Step left foot forward to 10 o'clock

2 Kick right to 10 o'clock

Right, left, right spin around to the right ¾ turn to new wall

5&6 Left sailor move

### **FINAL STOMPS**

7 Stomp right8 Stomp left

### **REPEAT**