

Don't Mind Messin'

拍數: 32 牆數: 4 級數: Improver
編舞者: Barry Amato (USA)
音樂: Don't Mind Messin' - Big Blue Hearts



TOE STRUT, TOE STRUT, SLIDE, HOLD, ROCK STEP

- 1-2 Touch right toe to right side, place heel and weight down on right
- 3-4 Cross left over right and touch left toe, place heel and weight down on left
- 5-6 Take a big step to the right, hold
- 7-8 Rock on left foot behind right, step on right foot in place

¼ TURN/TOE STRUT, ¼ TURN/TOE STRUT, ¼ TURN/COASTER STEP

- 1-2 On ball of right foot turn ¼ to the left as you touch left foot forward, place heel and weight down on left foot
- 3-4 On ball of left foot turn ¼ to the left as you touch the right next to the left, place heel and weight down on right foot
- 5-6-7 On ball of right foot turn ¼ left as you begin coaster step stepping back on the left foot, continue with coaster step as you step right foot together with left, step forward on left foot

This coaster step is not counted as 5&6 but 5-6-7

- 8 Hold

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, STEP, ½ TURN PIVOT, STEP FORWARD

- 1-2 Rock forward on right foot, recover in place on left foot
- 3-4 Rock back on right foot, recover in place on left foot
- 5-6-7 Step forward on right foot, ½ turn pivot to the left with left foot taking weight, step forward on the right foot
- 8 Hold

ROCK FORWARD, RECOVER, ROCK BACK, RECOVER, STEP, ½ TURN PIVOT, STEP FORWARD

- 1-2 Rock forward on left foot, recover in place on right foot
- 3-4 Rock back on left foot, recover in place on right foot
- 5-6-7 Step forward on left foot, ½ turn pivot to the right with right foot taking weight, step forward on the left foot
- 8 Hold

REPEAT

TAG

8 count toe fan on walls 2, 5, and 9

- 1-8 Stomp up right foot next to left keeping weight on the left, fan toes left, right, left, right, left, right, left