

Bring It On

拍數: 32 牆數: 1 級數: Improver west coast swing
編舞者: Rick Bates (USA) & Deborah Bates (USA)
音樂: Three Good Reasons - Dwight Yoakam



DIAGONAL TOE TOUCHES, CROSSES, UNWIND

- 1-2 Touch right toe forward and diagonally to the right; cross right foot over left and step
- 3-4 Touch left toe forward and diagonally to the left; cross left foot over right and step
- 5-6 Touch right toe forward and diagonally to the right; cross right foot over left and shift weight to balls of both feet
- 7-8 Unwind full turn to the left on balls of both feet and shift weight to left foot

DIAGONAL JUMPS, TOUCHES, HOLDS, TOUCH, $\frac{3}{4}$ TO THE LEFT ROLLING TURN

- &9 Jump back and diagonally to the right on right foot; touch left foot next to right
- 10 Hold and clap
- &11 Jump back and diagonally to the left on left foot; touch right foot next to left
- 12 Hold and clap
- &13 Jump back and diagonally to the right on right foot; touch left foot next to right
- 14 Hold and clap
- 15-16 Step to the left on left foot and begin a $\frac{3}{4}$ to the left rolling turn traveling to the left; step on right foot and complete $\frac{3}{4}$ to the left rolling turn

BACK STEPS, TOUCH, SIDE STEP, TOUCH, STEP TURN, TOUCH

- 17-18 Step back on left foot; step back on right foot
- 19-20 Step back on left foot; touch right foot next to left
- 21-22 Step to the right on right foot; touch left foot next to right
- 23-24 Step a $\frac{1}{4}$ turn to the left on left foot; touch right foot next to left

WEAVE RIGHT, LUNGE RIGHT, TOE TOUCH, LUNGE LEFT. TOE TOUCH

- 25-26 Step to the right on right foot; cross left foot behind right and step
- 27-28 Step to the right on right foot; cross left foot over right and step
- 29-30 Take a long step to the right on right foot; touch left foot next to right
- 31-32 Take a long step to the left on left foot; touch right foot next to left

REPEAT
