A Bit Of Alright!

拍數: 48

級數: Improver

編舞者: Linda Burgess (AUS)

音樂: A Bit Of Alright - Tom Curtain

SIDE HOLD, CROSS HOLD, SIDE CROSS, SIDE TOUCH

Step right to right, hold, cross/step left over right, hold, step right to right, cross/step left over right, step right to right, touch left beside right

BACK LOCK, BACK KICK, COASTER, SCUFF

1-8 Step back left on left diagonal, cross/step right over left, step back left on left diagonal, kick right forward, step back right (12) step left beside right, step forward right, scuff left forward

Restart from here on wall 4

1-8

PIVOT ½ RIGHT, STEP TOGETHER, STEP SCUFF STEP SIDE, HOLD

Step forward left, pivot 1/2 turn right (weight right), step forward left, step right beside left, step 1-8 forward left, scuff right forward and swing around to right side, replace weight to right, hold

ELVIS KNEES, SLOW, SLOW, QUICK QUICK QUICK (TRAVELING FORWARD)

(Elvis knees)-moving forward, weight on right, turn left knee in towards right, hold, replace 1-8 weight to left, turn right knee in towards left, hold, replace weight to right & turn left knee in towards right, replace weight to left, turn right knee in towards left, repeat with left knee, hold (all traveling forward!)

VINE LEFT TURNING ¼ & SCUFF, BOX STEP

Vine left turning 1/4 left, scuff right forward, cross/step right over left, step back left, step right 1-8 to right, step forward left

JUMP FORWARD CLAP, JUMP BACK CLAP, STEP DRAG FLICK

1-8 Jump forward (feet slightly apart), hold & clap, jump back (feet slightly apart weight on right), hold & clap, take a big step to left, dragging right to left (3 counts), flick right behind left

REPEAT

RESTART

On wall 4, dance up to counts 15 (right coaster) then step forward left (16), instead of the scuff.





牆數:4