# C'mon C'mon



拍數: 64 牆數: 2 級數: Intermediate

編舞者: Michael Metzger (USA) - May 2014 音樂: San Francisco - The Mowgli's

2014



#### Alt. music:-

"American Kids" by Kenny Chesney,
"Life is Better With You" by Michael Franti

# Heel, Together, Heel, Together, Rocking Chair

1, 2	Touch R heel forward, Step R next to L
3, 4	Touch L heel forward, Step L next to R
5, 6	Rock forward on R, Recover to L
7, 8	Rock back on R, Recover to L

# Step, Touch, Step, Touch with 1/8 Turn, Step, Touch with 1/8 Turn, Step, Kick (or Scuff)

1, 2	Step R to right, Touch L next to R and clap
3, 4	Turn 1/8 to the right and Step L to left, Touch R next to L and clap (1:30)
5, 6	Turn 1/8 to the right and Step R to right, Touch L next to R and clap (3:00)
7, 8	Step L to left, Kick (or scuff) R forward

# Half Time Jazz Box with 1/4 Turn

1, 2	Cross R over lett, noid
3, 4	Turn ¼ right and step L back, hold (6:00)
5, 6	Step R to right, hold
7, 8	Step L forward, hold

#### Half Time Jazz Box with 1/4 Turn

1, 2	Cross R over leπ, noid
3, 4	Turn ¼ right and step L back, hold (9:00)
5, 6	Step R to right, hold
7.8	Step L forward, hold

## Rock, Recover, Heel Strut, Rock, Recover, Heel Strut

1, 2	Rock forward on R, Recover to L
3, 4	Touch R heel forward, Step down onto R
5, 6	Rock forward on L, Recover to R
7, 8	Touch L heel forward, Step down onto L

## Rock, Recover, Heel Strut, Rock, Recover, 1/4 Turn with Step to Side, Hold

1, 2	Rock forward on R, Recover to L
3, 4	Touch R heel forward, Step down onto R
5, 6	Rock forward on L, Recover to R
7, 8	Turn ¼ left and step L to side, Hold (6:00)

## Half Time Turning Jazz Box (with ¾ Turn)

1, 2	Cross R over L, hold
3, 4	Turn ¼ right and step L back, hold (9:00)
5, 6	Turn ¼ right and step R to the side, hold (12:00)
7, 8	Turn ¼ right and cross L over R, hold (3:00)

### Extended Weave to Right with 1/4 Turn at End

1, 2 Step R to side, Cross L behind R

3, 4 Step R to side, Cross L over R
5, 6 Step R to side, Cross L behind R
7, 8 Turn ¼ right and step R forward, Step L next to R

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