

# Get Tuff

Count: 32

Wand: 4

Ebene: Improver

Choreograf/in: Kathy Janowicz (CAN)

Musik: Tuff Euff - Wynonna



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## FOOT SWITCHES, WALK WALK, BODY ROLL

- 1& Touch right toe forward, bring right foot beside left, changing weight to right
- 2& Touch left toe to left side, bring left foot beside right, changing weight to left
- 3& Touch right toe to right side, bring right foot beside left, changing weight to right
- 4& Touch left toe forward, bring left foot beside right, changing weight to left
- 5-6 Step right foot forward, step left foot forward
- 7-8 Keeping weight on left foot roll body up from knees to shoulders

## FULL LEFT PADDLE TURN, RIGHT SAILOR, LEFT SAILOR

- 9& Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 10& Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 11& Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 12& Step forward with right foot, pivot  $\frac{1}{4}$  turn left
- 13&14 Cross right foot behind left, step ball of left foot to left side, step right foot to right side
- 15&16 Cross left foot behind right, step ball of right foot to right side, step left foot to left side

## TWO 4 COUNT SHIMMIES RIGHT

- 17-20 Big step right with right foot, shimmy as you bring left foot beside for 3 counts
- 21-24 Big step right with right foot, shimmy as you bring left foot beside for 3 counts

## VINE LEFT, $\frac{1}{4}$ TURN LEFT, HITCH, TWO LEFT HALF TURNS

- 25-26 Step left foot left, step right foot behind left
- 27-28 Step left foot  $\frac{1}{4}$  turn left, hitch right knee
- 29-30 Step forward with right foot, pivot  $\frac{1}{2}$  turn left
- 31-32 Step forward with right foot, pivot  $\frac{1}{2}$  turn

## REPEAT

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