

Full Of It!

Compte: 56

Mur: 0

Niveau:

Chorégraphe: Ian Hunt

Musique: How Do I Live - LeAnn Rimes



1&2 Kick right across left kick left across right

3&4 Kick right across left and repeat

5&6 Kick left across right kick right across left

7&8 Kick left across right and repeat

Kick steps to be done traveling forward

9-10 Step right foot across left, unwind $\frac{1}{2}$ turn over left shoulder

11-12 Step left foot across right, unwind $\frac{1}{2}$ turn over right shoulder

JUMPING JACK STEPS

13&14 Step left to left, cross (step) right over left, step left to left, touch right heel to right

15&16 Step right to right, cross (step) left over right, step right to right, and touch left heel to left

17&18 Step left to left, cross (step) right over left, step left to left, touch right heel to right

19&20 Step left to left, cross (step) right over left, step left to left, touch right heel to right

21-24 Cross right over left, step left to left side, cross right behind left, step left to left side

25-28 Knee pops, four counts right, left, right, left

29-32 Cross left over right, step right to right side, cross left behind right, step right to right side

33-36 Knee pops, four counts left, right, left, right

37-38 Stomp right foot forward and hold

39&40 Pivot $\frac{1}{2}$ turn and change weight

41&42 Shuffle forward left-right-left

43&44 Shuffle forward right-left-right

45-48& Cross left over right and unwind $\frac{3}{4}$ turn over right shoulder, hold

On the hold, a body roll can be done!

49&50 Snake roll left (bend head sideways over left shoulder, push head across and bring head back up)

51&52 Snake roll right (bend head sideways over right shoulder, push head across and bring head back up)

If you can't get that snake roll, you can do to hip bumps left, followed by two right!

53&54 Syncopated jump forward, right step left (ba-dum step!)

55&56 Syncopated jump backwards, right step left (ba-dum step!)

REPEAT
