

# Go For It

拍数: 64      墙数: 2      级数: Intermediate  
编舞者: Dee Musk (UK) - March 2016  
音乐: Up All Night - Lionel Richie : (Album: Coming Home.)



#12 Count Intro – Approx 6 seconds - Track Approx 3 mins 35 secs. BPM 100 (approx).  
Track available from [iTunes.co.uk deemusk@btinternet.com](https://www.itunes.co.uk/deemusk@btinternet.com) Dee – 07814 295470

## Out In, Kick Ball Step, Heel Twist, & Right Dorothy, Step ½ Turn Right.

1&2&3      Touch R out, touch R in, kick R forward, step R beside L, step forward on L.  
&4      Twist both heels L, twist both heels centre (weight on R).  
&5,6&      Step L beside R, step forward on R, lock L behind R, step forward on R.  
7,8      Step forward on L, make a ½ turn R (weight forward on R). (6 o'clock).

## ¼ Cross Right, ¾ Turn Right, ¼ Cross Right, Out Out Cross, ½ Turn Left Point.

&1      Make a ¼ turn R stepping L to L side, cross R over L.  
2,3      Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.  
&4      Make a ¼ turn R stepping L to L side, cross R over L. (facing 9 o'clock).  
&5,6      Step L out, step R out, cross L over R.  
7&8      Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, point R to R side. (3 o'clock).

## Step Side, Back Rock Side Cross, ¼ Turn Left, Step Heel Bounce, Step Heel Bounce.

&1      Step R beside L, step L to L side.  
2&3&      Cross rock R behind L, recover weight to L, step R to R side, cross L over R.  
4      Make a ¼ turn L stepping back on R.  
5&6      Step back on L, lift both heels, lower both heels placing weight on L.  
7&8      Step back on R, lift both heels, lower both heels placing weight on R.

(Optional: Add shoulder shrugs for extra expression with the heels bounces ). (12 o'clock).

## Step Right Dorothy, Step Left Dorothy, Step ½ Pivot Left, Out, Out, In, In.

&1,2&      Step L beside R, step forward on R, lock L behind R, step forward on R.  
3,4&      Step forward on L, lock R behind L, step forward on L.  
5,6      Step forward on R, make a ½ pivot turn L.  
7&8&      Step out R, step out L, step in R, step in L. (6 o'clock).

**\*\*Restart here during wall one. Begin again facing 6 o'clock wall.**

## Press Sweep, Sailor Step, Tap Side Cross, Rock & Cross.

1,2      Press R forward, recover sweeping R to behind L.  
3&4      Cross step R behind L, step L in place, step R in place.  
&5,6      Tap L beside R, step L to L side, cross R over L.  
7&8      Rock L to L side, recover weight to R, cross L over R. □ (6 o'clock).

## Step Cross, ½ Turn Right Cross, Point & Side Together, Cross, Sway L, R, Together, ¼ Turn Right.

&1,2      Step R to R side, cross L over R, make a ½ turn R crossing R over L.  
3&4&      Point L to L side, step L beside R, step R to R side, step L beside R.  
5-7      Cross R over L, sway L, sway R.  
&8      Step L beside R, make a ¼ turn R stepping forward on R. (3 o'clock).

## Full Spiral Turn R, Step, Rock Recover &, Step ¾ Turn Left, Side Rock Step.

1,2      Step forward on L and unwind a full turn R hooking R in front of L, step down on R.  
3,4&      Rock forward on L, recover weight to R, step L beside R.  
5,6      Step forward on R, unwind a ¾ turn L.

7,8& Rock R to R side, recover weight to L, step R beside L. □ (6 o'clock).

**Side Rock &, Side, Cross, Back Side Cross, Out In, Kick Step.**

1,2& Rock L to L side, recover weight to R, step L beside R.

3,4 Step R to R side, cross L over R.

5&6 Step back on R, step L to L side, cross R over L.

7&8& Touch L out, touch L in, kick L forward, step L beside R. (6 o'clock).

**Ta Dah – Hope you enjoy**

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