

# 14 Years

拍数: 32      墙数: 2      级数: Beginner  
编舞者: Josep Ponsà (ES) - July 2017  
音乐: Go On and Go - Chely Wright



Step sheet by: Xavi Barrera

## TOE STRUT x 2, SLOW COASTER STEP, HOLD

- 1- Touch right toe in place
- 2- Lower right heel
- 3- Touch left toe in place
- 4- Lower left heel
- 5- Step right back
- 6- Step left beside the right
- 7- Step right forward
- 8- Hold

## STEP-CROSS x 2, ¼ TURN SLOW COASTER STEP, HOLD

- 9- Step left to the left
- 10- Cross right behind the left
- 11- Step left to the left
- 12- Cross right behind the left
- 13- Step left to the left, turning ¼ turn to the right at the same time
- 14- Step right beside the left
- 15- Step left forward
- 16- Hold

## ½ TURN STEP, HOLD, ¼ TURN STEP, HOLD, STOMP-HOLD x 2

- 17- Step right forward, turning ½ turn to the left at the same time
- 18- Hold
- 19- Step left back, turning ¼ turn to the left at the same time
- 20- Hold
- 21- Stomp right forward
- 22- Hold
- 23- Stomp left beside the right
- 24- Hold

## JUMP-TOUCH x 4

- 25- Jump right to the right
- 26- Touch left beside the right
- 27- Jump left to the left
- 28- Touch right beside the left
- 29- Jump right forward
- 30- Touch left beside the right
- 31- Jump left back
- 32- Touch right beside the left

Restart

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