

Don't Mess With Me

拍数: 80 墙数: 2 级数: High Intermediate
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音乐: Lovin' All Night - Rodney Crowell



Section 1: HEEL-TOE-HEEL-TOGETHER-HEEL STRUT-HEEL STRUT

1-2 Left heel forward-Left toe back
3-4 Left heel forward-Left together
5-6 Right heel forward-Right toe down
7-8 Left heel forward-Left toe down

Section 2: STEP PIVOT HALF TURN- STEP PIVOT HALF TURN HITCH-STEP-LOCK-STEP-STOMP-STOMP

1-2 Step right forward-Pivot ½ Turn
3-4 Step right forward-Pivot ½ Turn Hitch Left Knee
5-6 Step left-Lock right behind left
7-8 Step left-Stomp to right side
1 Stomp to left side

Section 3: CROSS BRUSH-SIDE BRUSH-STOMP-STEP BACK DRAG HEEL-TOE-HEEL

2-3 Brush right ball of foot across left-Brush right ball of foot to right side
4 Stomp right next to left
5-6 Long Step back on left dragging the right heel (keep right leg extended)
7-8 Inverted right toe-Right heel

Section 4: STEP PIVOT HALF PADDLE TURN-STEP PIVOT QUARTER PADDLE TURN-1/4 MONTEREY-TOE-SCUFF

1-2 Step right down-Pivot half paddle turn to left
3-4 Step right down-Pivot quarter paddle turn to left (place weight on left)
5-6 Point right to right side-Pivot to right as you bring the right foot in (place weight on right)
7-8 Tap the left toe back-Scuff left forward

Section 5: STEP-LOCK-STEP-STOMP (CLAP)-STOMP (CLAP)-MILITARY ½ TURN-BACK HOOK (SLAP)-SCUFF

1-2-3 Step left-Lock right behind left-Step left
4-5 Stomp right (Clap)-Stomp right (Clap)
6 Turning to the right a half turn with feet close together keeping the weight on right leg
7-8 Hook the left leg high behind the right and slap the foot with your right hand-Scuff left to left side

Section 6: GRAPEVINE QUARTER TURN FRONT HOOK (SLAP)-SIDE-BEHIND-ROCK BACK QUARTER TURN KICK-REPLACE

1-2 Step left to left side-Step right behind left
3-4 Step left to left side-Pivot right as you hook the right in front of the left and slap foot with left hand
5-6 Step right to right side-Step left behind right
7-8 Rock back on the right and make a quarter turn kicking the left forward-Replace left foot lifting the right foot off the floor

Section 7: JUMPING JAZZ BOX QUARTER TURN-EXTENDED SIDE STEP-HEEL/TOE FAN

1-2 Make a 1/8 turn to the right as you jump step crossing the right over the left-Make another 1/8 turn to the right as you step back on the left, kicking the right foot forward

- 3-4 Replace the right foot-Step left to left side extending the width past the left shoulder (weight on left)
- 5-6-7-8 Moving inwards and not past the right shoulder: Right heel in-Right toe in-Right heel in-Right toe in

Section 8: COMBINED HEEL/TOE SWIVEL RETURN X 2-TOE TAP TOGETHER X 2

- 1-2 Pivot right on the left ball of foot (lifting the left heel) and the Right heel simultaneously-Return
- 3-4 Pivot left on the right ball of foot(lifting the right heel) and the Left heel simultaneously-Return
- 5-6-7-8 Right toe tap forward-Return-Left toe tap forward-Return

Section 9: TRIPLE STEP FULL TURN-STEP-SCUFF-SCOOT-SCOOT-STEP-SCUFF

- 1-2 Step right to right side-Drag the left foot in putting the weight down as you make a half turn to the right
- 3-4 Step forward with the right as you make another half turn to the right-Left scuff on right 45-degree diagonal

Continue on the 45-degree diagonal...

- 5-6 Hitch the left knee as you scoot forward on the right ball of foot-Repeat
- 7-8 Step left forward-Scuff

Section 10: Continue on the 45-degree diagonal

STEP-HALF TURN HOOK-STEP-STOMP-1/2 PLUS 1/4 TURN JUMP-STOMP-HOLD

- 1-2 Step right forward-Half turn left with a left hook behind right
- 3-4 Step left forward-Stomp right next to left (bend knees to prepare for next step)

(The next step corrects the diagonal so you are ready for the second wall)

- 5-6 Hitch right knee jumping on left leg making a half turn to the right-Jump a quarter turn to right
- 7-8 Stomp right next to left-Hold

END OF DANCE

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