

Don't Get Stuck

拍数: 32 墙数: 2 级数: Upper Intermediate
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音乐: What's Up Cuz - Toby Keith



RF = Right foot :: LF = Left foot

[1-8] STOMP UP, ½ TURN, STOMP UP, JUMP BACK, STOMP, FLICK STOMP SWIVEL, ½ TURN ROCK, ½ TURN TOUCH

1-2 RF stomp up. ½ turn to the right
3&4 RF stomp up. Jump back (on the LF). Stomp RF
5&6& LF flick-stomp in the place. LF Toe fun out and return to the center).
7&8 ½ turn (to the right) RF side rock. Recover the weight on the LF. ½ turn (to the right) RF side touch.

[9-16] VAUDEVILLE, CROSS, SWIVEL, ROCK, TOE TOUCH X2, ROCK, STOMP

1&2 RF crossed step over LF. LF short step back. RF heel touch diagonally forward.
&3 RF strut at site recovering the weight on RF. LF crossed step over RF
&4 Heels swivel out - in (the left heel to the left and the right heel to the right, at the same time, and return to the center).
5& Jumped rock back LF. Recover the weight on RF
6& LF crossed toe touch behind RF (twice)
7&8 Jumped rock back LF. Recover the weight on RF. LF stomp next to RF

[17-24] ROCK-KICK, ¼ TURN KICK, ¼ TURN STEP, ROCK-KICK, STEP, KICK- ROCK, JUMP, KICK-STEP, ROCK, KICK-STOMP, SCUFF.

1&2& (Jumping) Crossed rock RF over LF. Recover the weight on LF (with a low RF kick).
 (Jumping) ¼ turn (to the right) RF kick. ¼ turn (to the right) RF step
3&4 (Jumping) Crossed rock LF over RF. Recover the weight on RF (with a low LF kick). LF step to the left.
&5&6 (Jumping) Kick RF forward. RF crossed rock over LF. Jump (back) on RF. Recover the weight on LF.(with a low RF kick)
&7 (Jumping) RF step to the right. LF crossed rock over RF.
&8& (Jumping) Recover the weight on RF (with a low LF kick) . LF step to the left. RF scuff next to LF.

[25-32] HEEL STEP OUT X2, ½ TURN, STEP IN X2, STOMP X2, SWIVEL X2, KICK-HOOK-KICK, STOMP UP, SCOOT FULL TURN, STOMP

1&2& RF heel step forward (diagonally out). LF heel step forward (diagonally out). ½ turn RF step in. LF step next to RF.
3& Stomp up RF in place. Stomp RF forward.
4& Heels swivel to the right (RF and LF together). Toes swivel to the right (both feet together).
5&6 LF kick forward. LF hook (over RF). LF kick forward
&7&8 LF stomp up. LF scoot (twice) in a full turn to the left. LF stomp.

TAG 1 (4 counts, after 1st sequence): hold x 2, RF brush back and stomp.

TAG 2 (4 counts, after 2nd sequence): RF brush back and stomp up, apple jacks x 2 (to the right and to the left)

ENDING. The 6th sequence has only 24 counts

After the count 22, recover the weight on to the left foot, ½ turn to the right and stomp twice with the RF (shortly forward).

Last Update - 15 Dec. 2020
