

On the Ground

拍数: 96 墙数: 0 级数: Phrased Intermediate
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音乐: On the Ground - Thomas Mac : (Album: About Last Night)



Sequence

A - B - A - B - A32 + tag 8 - B + FINAL = tag

PART A (40 counts)

Sect. 1 - (R) DIAG. FWD, (L) TOUCH TOGETHER, (L) DIAG. BACK, (R) TOUCH TOGETHER (R) COASTER STEP (L) GRAPEVINE & CROSS, (L) ROCK STEP ¼ TURN LEFT, ¼ TURN LEFT & STEP

&1&2 Step right diagonally forward, touch left together, step left diagonally back, touch right together
3&4 Step right back, step left together, step right forward
5&6& Step left side, cross right behind, step left side, cross right over
7&8 Turn ¼ left and step left forward, recover on right, turn ¼ left and step left side (6:00)

Sect. 2 - (R) DIAG. FWD, (L) TOUCH TOGETHER, (L) DIAG. BACK, (R) COASTER STEP (L) STEP, ½ TURN RIGHT, ½ TURN RIGHT & STEP (L) BACK, (R) COASTER STEP

&1&2 Step right diagonally forward, touch left together, step left diagonally back, touch right together
3&4 Step right back, step left together, step right forward
5&6 Step left forward, turn ½ right, turn ½ right and step left back (6:00)
7&8 Step right back, step left together, step right forward

Sect. 3 - (L) ROCK STEP SIDE, BEHIND SIDE CROSS, (L) HEEL JACK (X2),

1-2 Rock left side, recover on right
3&4 Cross left behind right, step right side, cross left over
&5&6 Step right foot diagonally back and touch left heel diagonally forward, step left together, touch right together
&7&8 Step right foot diagonally back and touch left heel diagonally forward, step left together, touch right together

Sect. 4 - (R) ROCK STEP SIDE, BEHIND SIDE CROSS, (L) ROCK STEP FORWARD, SHUFFLE ½ TURN LEFT

1-2 Rock right side, recover on left
3&4 Cross right behind left, step left side, cross right over
5-6 Rock left forward, recover on right
7&8 Turn ¼ left and step left side, step right together, turn ¼ left and step left forward (12:00)

Sect. 5 - (R) STEP ½ TURN LEFT (X2), (R) STOMP, HOLD, (L) STOMP, HOLD

1-2 Step right forward, turn ½ left (weight on left)
3-4 Step right forward, turn ½ left (weight on left)
5-6 Stomp right, hold
7-8 Stomp left, hold

PART B (56 counts)

Sect. 1- ¼ TURN LEFT & (R) CROSS ROCK, RECOVER & KICK, ¼ TURN LEFT & (R) CROSS ROCK, RECOVER & KICK, (R) ROCK STEP BACK, (R) SCUFF, (R) SIDE, TOUCH, (L) SIDE, TOUCH, OUT-OUT, IN-IN

1&2& Turn ¼ left and cross right over, recover on left & kick right, turn ¼ left and cross right over, recover on left and kick right (6:00)
3&4 Rock right back, recover on left, scuff right forward

- &5&6 Step right side, touch left together, step left side, touch right together
- &7&8 Step right out, step left out (feet apart), step right in, step left together (feet together)

Sect. 2- (R) CROSS ROCK, RECOVER & KICK, (R) CROSS ROCK, RECOVER & KICK, (R) ROCK STEP BACK, (R) SCUFF, (R) SIDE, TOUCH, (L) SIDE, TOUCH, OUT-OUT, IN-IN

- 1&2& Cross rock right over left, recover on left and kick right, cross rock right over left, recover on left and kick right
- 3&4 Rock right back, recover on left, scuff right forward
- &5&6 Step right side, touch left together, step left side, touch right together
- &7&8 Step right out, step left out (feet apart), step right in, step left together (feet together)

Sect. 3 - (R) STEP ½ TURN LEFT, (R) SHUFFLE FWD, (L) STEP ½ TURN RIGHT, (L) SHUFFLE FWD

- 1-2 Step right forward, turn ½ left (12:00)
- 3&4 Step right forward, step left next to right, step right forward
- 5-6 Step left forward, turn ½ right (6:00)
- 7&8 Step left forward, step right next to left, step left forward

Sect. 4 - (R) CROSS ROCK STEP, RIGHT SHUFFLE SIDE, (L) CROSS ROCK STEP, LEFT SHUFFLE SIDE

- 1-2 Cross/rock right over left, recover on left
- 3&4 Step right side, step left together, step right side
- 5-6 Cross/rock left over right, recover on right
- 7&8 Step left side, step right together, step left side

Sect. 5 - (R) SHUFFLE ½ TURN LEFT, (L) SIDE, (R) SCUFF, (R) STOMP, HOLD, (L) STOMP, HOLD

- 1&2 Turn ¼ left and step right side, step left next to right, turn ¼ left and step right back (12:00)
- 3-4 Step left side, scuff right forward
- 5-6 Stomp right next to left, hold
- 7-8 Stomp left next to right, hold

Sect. 5 - (R) SHUFFLE RIGHT DIAG. FWD, (L) SHUFFLE LEFT DIAG. FWD, (R) SHUFFLE RIGHT DIAG, BACK, (L) LONG STEP DIAG BACK, (R) TOUCH TOGETHER

- 1&2 (Facing 1:30) Step right forward, step left next to right, step right forward
- 3&4 (Facing 10:30) Step left forward, step right next to left, step left forward
- 5&6 (Facing 10:30) Step right back, step left next to right, step right back
- 7-8 Long step left diagonally back, touch right together

Sect. 6 - (R) SHUFFLE RIGHT DIAG. FWD, (L) SHUFFLE LEFT DIAG. FWD, (R) SHUFFLE RIGHT DIAG. BACK, (L) STEP DIAG BACK, (R) TOUCH TOGETHER

- 1-8 Repeat section 5

TAG / FINAL

On the 3rd A, after 32 counts we will replace the next 8 counts (33-40) for the TAG, and then Part B (R) STOMP, HOLD, ½ TURN RIGHT & (L) STOMP, HOLD, (R) STOMP, HOLD, ½ TURN RIGHT & (L) STOMP, HOLD

- 1-2 Stomp right, hold
- 3-4 Turn ½ right and stomp left, hold (6:00)
- 5-6 Stomp right, hold
- 7-8 Turn ½ right and stomp left, hold (12:00)

FINAL: The same TAG (8 counts) & right stomp up together, right stomp side
