

Sho Nuff

拍数: 32 墙数: 4 级数: Improver
编舞者: Pat Esper (USA) - May 2023
音乐: Bout Damn Time - Neon Union



DANCE MAP: (intro 32} 32-32-32-32-32-32-32-32-32-16-32 to the end of song

[1-8]: Toe-Heel Struts

- 1-2. Touch the right toes forward. Set the right heel down. (Snap fingers optional on all heel downs)
- 3-4. Touch the left toes forward. Set the left heel down.
- 5-6. Touch the right toes forward. Set the right heel down.
- 7-8. Touch the left toes forward. Set the left heel down.

[9-16]: K-step quarter turn

- 1-2. Step forward at an angle on the right foot. Touch the left foot next to the right. (Clapping optional on all touches)
- 3-4. Step back at an angle on the left foot. Touch the right foot next to the left.
- 5-6. Turn a quarter turn to the right stepping the right foot to the side. Touch the left foot next to the right.
- 7-8. Step the left foot to the side. Touch the right foot next to the left. (Note: after 10th wall restart happens here)

[17-24]: Weave, Side Rock, Cross, Hold

- 1-2. Step the right foot to the side. Step the left foot behind the right.
- 3-4. Step the right foot to the side. Step the left foot over the right.
- 5-6. Rock the right foot to the side. Recover onto the left foot.
- 7-8. Step the right foot over the left. Hold

[25-32] Turn, Turn, Cross, Hold, Hip bumps, Hip Bumps

- 1-2. Turn a quarter turn to the right stepping back on the left foot. Turn a quarter turn to the right stepping to the side on the right foot.
 - 3-4. Step the left foot over the right. Hold.
 - 5-6. Touch the right foot to the side while bumping the hips to the right. Bump hips left.
 - 7-8. Bump hips right. Bump hips to the left.
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