

Tuff Gets Going

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mary Bee Friedrich (DE) & Jo Kinser (UK) - August 2023
音乐: Tuff - VASSY & GT_Office



Intro: Start on the lyrics, 16 cts (0.8).

[1-8] ROCK RECOVER, ROCK R, RECOVER, SAILOR STEP, SWIVEL R/L

1234 RF rock forward 1), LF recover 2), RF rock R 3), LF recover 4)
5&6 RF step behind LF 5), LF step L &), RF step R L 6)
78 Both heels swivel R 7), Both heels swivel L 8)

[9-16] SWIVEL R, KICK, BEHIND ¼ TURN R, STEP ½ TURN, L SHUFFLE FORWARD

12 Both heels swivel R 1), LF kick diagonal forward L 2)
34 LF step behind RF 3), ¼ turn R RF step forward 4) (3:00)
56 LF step forward 5), ½ turn R RF step forward 6) (9:00)
7&8 LF step forward 7), RF lock behind LF &), LF step forward 8)

[17-24] ROCK RECOVER, BACK SWEEP LR, ROCK HITCH, RECOVER, SHUFFLE DIAGONAL R

12 RF rock forward 1), LF recover 2)
34 RF step back and LF sweep back 3), LF step back and RF sweep back 4)
56 RF rock sit back hitching LF 5), LF recover forward 6)
7&8 RF step forward diagonal R 7), LF step behind RF &), RF step forward 8) (10:30)

[25-32] CROSS SAMBA, ¼ TURN L DIAMOND, MAMBO TOUCH - CLAP

1&2 LF cross over RF 1), RF rock R &), LF recover ¼ turn L 2) (7:30)
34 RF cross over LF 3), 1/8 turn R LF step L 4)
56 1/8 turn R RF step back 5) (10:30), 1/8 turn R LF step behind RF 6) (12:00)
7&8 RF rock R 7), LF recover &), RF touch next to LF and Clap 8)

* RESTART HERE WALL 2 (6:00) AND WALL 5 (6:00)

[33-40] SHUFFLE ¼ TURN R, STEP ½ TURN, ¾ TURN INTO SIDE SHUFFLE 1/4 R, STEP FORWARD L

1&2 ¼ turn R RF step forward RF 1), LF step next to RF &), RF step forward 2) (3:00)
34 LF step forward 3), ½ turn R RF step forward 4) (9:00)
56 ½ turn R and LF step back 5), ¼ turn R and RF step R 6)
&78 LF step next to RF &) (6:00), ¼ turn R and RF step forward 7) (9:00), LF step forward 8)

[41-48] SIDE TOUCH RL WITH ARMS, SIDE, ¼ TURN L SNAP, HEEL SWIVELS, STEP FORWARD

1234 RF step R 1), LF touch behind RF 2), LF step L 3), RF touch behind LF 4)
Arms: 1-4 Reach up with both arms as you step to the side, as you touch behind, bring arms down
56 RF step R and circle R arm down to R hip and snap 5), ¼ turn L and touch LF in place 6)
(6:00)
&78 Swivel both heels quickly L, Swivel back heels back to center 'weight on RF', LF step forward 8)

Easy option: &7, just swivel the L heel out - in

[49-56] STEP ½ TURN L, ½ TURN L STEP LOCK BACK, BACK, COASTER STEP, STEP FORWARD

12 RF step R 1), ½ turn L 2) (12:00)
3&4 ¼ turn L RF step R 3) LF cross over RF &) ¼ turn L RF step back 4) (6:00)
56 LF step back 5), RF step back 6)
&78 LF step next to RF &), RF step forward 7), LF step forward 8)

[57-64] ROCK ACROSS REC. ROCK SIDE REC. JAZZ BOX - JUMP TOGETHER - CLAP

1234 RF rock forward across LF 1), LF recover 2), RF rock R 3), LF recover 4)
5678 RF cross over LF 5), LF step back 6), RF step R 7), LF close next to RF with a jump - Clap

*** 2 RESTART DURING WALL 2 (6:00) AND WALL 5 (6:00)**
