If The Shoe Fits

拍数: 32

级数: Novice

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音乐: If the Shoe Fits - Mackynsie McKedy

Intro: 16 Counts		

[1-8] East coast right w/rock step, east coast left w/rock step

- 1&2 Start with your weight on left foot, triple step right
- 3,4 Weight on right foot, rock back onto left foot, and back onto right foot
- 5&6 With weight on right foot, triple step to the left
- 7.8 Weight on left foot, rock back onto right foot, and back onto left foot

[9-16] 2 step touches then jazz box with a 1/4 turn to the right

- 1,2 Step forward onto right foot, touch in front diagonally to your left with toes
- 3,4 Step forward onto left foot, touch in front diagonally to your right with toes
- 5-8 Step diagonally in front to your left with right foot, step back with left foot starting to turn to right, side step right to finish the ¼ turn, bring left foot to right and switch weight to left foot.

[17-24] 2 heal touches, rock forward, rock backward

- 1,2 Weight on left foot, hell touch in front with right heel, then bring right foot back to left and put weight on right foot.
- 2,4 Heel touch in front with left foot, then bring foot back to right foot and transfer weight to left foot
- 5,6 Rock forward onto right foot, then bring foot back to left foot keeping weight on left foot
- 6,8 Rock backward onto right foot, then bring foot back to left foot keeping weight on left foot

[25-32] 2 kickball change, and 2 ¼ turn to the left

- Kickball change, kick with right foot, then bring it back to left transfer weight to right foot, 1&2 lifting left foot, then putting it back onto the ground transferring weight back to left foot.
- 3&4 Kickball change, kick with right foot, then bring it back to left transfer weight to right foot,
- lifting left foot, then putting it back onto the ground transferring weight back to left foot. 5,6 Step forward onto right foot, turn 1/4 turn to the left putting weight back onto left foot
- Step forward onto right foot, turn 1/4 turn to the left putting weight back onto left foot 7,8





墙数:4