

Chasing It

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Wendy Dee (CAN) - April 2025
音乐: Chasing Down a Good Time - Randy Houser



INTRO

TAG: After wall 2 facing 3 o'clock

[1-8] STEP PIVOT LEFT, SHUFFLE FWD, KNEE POP FWD

1-2 RF forward, pivot 1/2 turn left, weight on LF
3&4 RF forward, LF next to right, RF fwd
5-6 LF forward popping right knee, RF forward popping left knee
7&8 LF forward, RF next to right, LF forward

[9-16] STEP PIVOT LEFT, SHUFFLE FWD, KNEE POP FWD

1-2 RF forward, pivot 1/2 turn left, weight on LF
3&4 RF forward, LF next to right, RF fwd
5-6 LF forward popping right knee, RF forward popping left knee
7&8 LF forward, RF next to right, LF forward

[7-24] ROCK FWD w/ BODY ROLLS, ROCK 1/2 TURN LEFT w/ BODY ROLLS,

1-2 Rock RF forward moving body up and over, recover on LF
3&4& Rock RF forward moving body up and over, recover on LF, Rock RF forward moving body up and over, put weight on RF
5-6 Rock LF forward 1/2 turn left moving body up and over, recover on RF
7&8& Rock LF forward moving body up and over, recover on LF, Rock LF forward moving body up and over, put weight on LF

[25-32] STOMP FWD, ARM UP, HEEL TAPS WITH ARM PUNCHES

1-4 Stomp RF fwd, Lift Right arm up slowly palm facing up. Close hand palm facing you and bend elbow on count 4
5-7&8 Punch outwards while tapping RF heel on counts, weight stays on LF

[33-40] ROLLING SHUFFLE RIGHT, CROSS ROCK

1&2 RF 1/4 turn right, step LF next to right, RF forward
3&4 LF to side 1/4 turn right, RF next to left, LF left
5&6 RF 1/2 turn right, step LF next to right, RF right
7-8 Rock LF crossed in front of right, recover on RF

Optional easier counts

CROSSING SHUFFLES, CROSS ROCK

1&2 RF right, step LF next to right, RF right
3&4 LF crossed in front of RF, RF right, LF crossed in front of RF
5&6 RF right, step LF next to right, RF right
7-8 Rock LF crossed in front of right, recover on RF

[40-48] ROLLING SHUFFLE LEFT, 3/4 TURN LEFT, STOMP, CLAP X4

1&2 LF 1/4 turn left, step RF next to left, LF forward
3&4 RF to side 1/4 turn left, LF next to right, LF left
5-6 LF 3/4 turn left on RF, stomp RF out to right,
7&8& Clap 4 times

Optional easier counts

CROSSING SHUFFLES, 1/4 TURN LEFT, STOMP, CLAP X4

1&2 LF left, step RF next to left, LF left
3&4 RF crossed in front of LF, LF left, RF crossed in front of LF
5-6 1/4 turn left stepping LF forward, stomp RF out to right
7&8& Clap 4 times

TAG:

[1-8] UNWIND 1/2 TURN LEFT

Cross RF over left with arms out to sides palms up. Unwind left over 8 counts

[9-16] UNWIND 1/2 TURN RIGHT

Cross LF over left with arms out to sides palms up. Unwind right over 8 counts

Stepsheet written by Ashley Pelletier

Submitted by: Ashley Pelletier - Email: Ashleykaitlynpelletier@hotmail.com
