

Little Bit

拍数: 40 墙数: 2 级数: Intermediate
编舞者: Margaret Detior (CAN) & Lynne Reist (CAN)
音乐: Bit By Bit - John Landry



APPLEJACK TWISTS, TOE/HEEL TOUCHES, STOMPS

- 1-4 With weight on right toe and left heel, twist toes to left 2 times
- 5-8 With weight on left toe and right heel, twist toes to right 2 times
- 1-2 Touch right heel forward, touch right toe home.
- 3-4 Touch right toe to right side, stomp right foot home
- 5-6 Touch left heel forward, touch left toe home
- 7-8 Touch left toe to left side, stomp left foot home

HOPS & HALF TURNS

- 1-2 Step right foot to right side, step left foot behind right foot
- 3-4 Step right foot to right side, hop on right foot with half turn
- 5-6 Step left foot to left side, hop on left foot with half turn
- 7-8 Hop on right foot, touch left toe beside right foot

TAP & HOPS WITH HALF TURNS

- 1-2 Step forward on left foot, tap right toe behind and to left of left foot
- 3-4 Step right foot home, step left foot home
- 5-8 With right leg raised, hop 3 times on left, while turning half turn to right, step right foot home

TAP & FORWARD HEELS

- 1-2 Step forward on left foot, tap right toe behind and to left of left foot
- 3-4 Step right foot home, step left foot home
- 5& Touch right heel forward, step right foot home
- 6& Touch left heel forward, step left foot home
- 7& Touch right heel forward, step right foot home
- 8 Stomp on both feet

REPEAT

VARIATIONS:

Plain heel twists or applejacks, instead of applejack twists. Walking half turn instead of hopping on left leg
After 10 rounds of the dance, the singer counts "2-3-4." it's fun to pause after round 10, and say "2-3-4" with the singer, then continue into round 11 and finish.