

拍数: 32 墙数: 4 级数: Improver
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音乐: See Ya - Atomic Kitten



HEEL-TOE TOUCHES; FORWARD SHUFFLE

- 1 Touch right heel forward; leaning back & arms bent make a fist and bring your fist close to shoulders
- 2 Touch right toe back; leaning forward & arms straight fists closed and close to your thighs
- 3&4 Forward shuffle right, left, right
- 5 Touch left heel forward; leaning back & arms bent make a fist and bring your fist close to shoulders
- 6 Touch left toe back; leaning forward & arms straight fists closed and close to your thighs
- 7&8 Forward shuffle left, right, left

TAPS - LEANING TO THE RIGHT ¼ TURN LEFT-HITCH, KICK; FORWARD SHUFFLE

- 1&2 Tap your right toe to the right and again a little further right and step right foot a little further right (weight on right foot)
- 3-4 Pivot ¼ to the left on right foot, hitching left; kick left foot forward
- 5&6 Shuffle forward left, right, left
- 7-8 Traveling forward skate right (right hand on right thigh); skate left (left hand on left thigh)

STEP, STEP - HAND JIVE - HIP THRUST - STEP ¼ LEFT

- 1 Walk forward right (bent forward at waist, right hand on right knee)
- 2 Step forward left - shoulder width apart (bent forward at waist, left hand on left knee)
- 3&4 Touch right hand on left shoulder, touch right hand on right waist, bring right hand and extend out to the right side (start standing straight during these hand touches)
- 5&6 Thrust hips forward to the right; thrust hips back; then forward (weight is on left)
- 7-8 Take a small step forward on right foot, pivot ¼ turn left (weight is even)

TRAVELING APPLEJACKS (OR SWIVELS) MAKING A LEFT ¾ CIRCLE

You will be making a ¾ circle to the left during these steps.

- 1 With weight on left heel and ball of right foot, swivel left toe to the left and right heel to the left (feet are in a "V" position, toes pointed outward.)
- 2 Bring toes together leaving the heels apart
- 3&4 Bring heels together leaving the toes apart, bring toes together leaving the heels apart, bring heels together leaving the toes apart
- 5 Bring toes together leaving the heels apart
- 6 Bring heels together leaving the toes apart
- 7&8 Bring toes together leaving the heels apart, bring heels together leaving the toes apart, bring feet together

Weight is on one toe and the opposite heel, then reversed to result in traveling

REPEAT

TAG

Repeat the last set of 8 counts two more times after doing the complete dance 5 times. End facing right front wall.