

Sit Down

拍数: 32 墙数: 4 级数: Beginner
编舞者: Anji Cowley (UK)
音乐: Sit Down Next To Me - James



KICK, KICK, TRIPLE STEP (LEADING RIGHT THEN LEFT)

1-2 Kick right foot forward twice
3&4 Triple step in place right, left, right
5-6 Kick left foot forward twice
7&8 Triple step in place, left, right, left

RIGHT GRAPEVINE WITH TOUCH, LEFT GRAPEVINE ¼ TURNING LEFT, SCUFF

9-10 Step right to right side, cross left behind right
11-12 Step right to right side, touch left beside right
13-14 Step left to left side, cross right behind left
15-16 Step left to left side ¼ turning left, scuff right beside left

DIAGONAL TOE TOUCHES FORWARD & BACK

17-18 Step right diagonally forward right, touch left beside right
19-20 Step left diagonally back left (returning to center), touch right beside left
21-22 Step right diagonally back right, touch left beside right
23-24 Step left diagonally forward left (returning to center), scuff right beside left

SHUFFLE FORWARD, STEP ½ TURN PIVOT (TWICE)

25&26 Step right foot forward, close left beside right, step right foot forward
27-28 Step forward left, pivot ½ turn right (shifting weight on to right foot)
29&30 Step left foot forward, close right beside left, step left foot forward
31-32 Step forward right, pivot ½ turn left (shifting weight on to left foot)

REPEAT
