

Sit Down Honey

拍数: 56 墙数: 4 级数: Intermediate/Advanced
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音乐: Movin' Out to the Country - Deryl Dodd



WALK FORWARD, KICK FORWARD, WALK BACK, WEIGHT CHANGES

1-2 Step right forward, step left forward
3-4 Right kick forward, step right back
5&6 Step left back, weight change right, left
7-12 Repeat 1-6
13&14 Shuffle forward right, left right
15&16 Shuffle forward left, right, left

Counts 17-40 are steps taken from the line dance Tropicana Parking Lot SYNCOPIATION STEPS IN-PLACE (STEP 2 TIMES TO 1 COUNT OF MUSIC)

17& Right toe touch to right side; right step to center
18& Left heel tap forward; left step to center
19& Right heel tap forward; right step to center
20& Left toe touch to left side; left step to center
21& Right heel tap forward; right step to center
22& Left heel tap forward; left step to center
23& Right toe touch to side; right step to center
24& Left toe touch to side; left step to center

HEEL STEP CROSS (TRAVELING RIGHT)

Next 16 counts are side movements, but keep body direction forward

25&26 Right heel tap forward; right step back on ball of foot; left over right & step
27&28 Repeat 25&26

BRUSH/CROSS & CROSS & CROSS (TRAVELING LEFT)

29-30 Right brush forward; right cross over left and step
&31 Left step to left side; right cross over left and step
&32 Left step to left side; right cross over left and step

HEEL-STEP-CROSS (TRAVELING LEFT)

33&34 Left heel tap forward; left step back on ball of foot; right over left & step
35&36 Repeat 33&34

BRUSH/CROSS & CROSS & CROSS (TRAVELING RIGHT)

37-38 Left brush forward; left cross over right and step
&39 Right step to right side; left cross over right and step
&40 Right step to right side; left cross over right and step

JAZZ BOX WITH ¼ TURN RIGHT

41-44 Right step over left, step left back, right step to right with ¼ turn, left together
45-48 Right step over left, step left back, right step to side, left together

RIGHT AND LEFT LUNGES

49-50 Right lunge to right, back to center
51-52 Left lunge to left, back to center
53-56 Repeat 49-52

You can add a little arm movement with the lunges. Have fun with it.

REPEAT
