

Squeeze Me!

拍数: 52 墙数: 1 级数: Intermediate
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音乐: Squeeze Me In - Garth Brooks & Trisha Yearwood



CHARLESTON STEPS

- 1&2 Swing right foot out and touch toe in front of left, swing right foot back out, and step ball of foot down behind left
- &3 Swing left foot out, touch left toe behind right foot
- &4 Swing left foot back out, step ball of left foot down in front of right
- &5 Swing right foot out, touch toe in front of left
- &6 Swing right foot back out, step ball of foot down behind left
- &7 Swing left foot out, touch left toe behind right foot
- &8 Swing left foot back out, bring left foot down in place next to right

The entire time you are doing these steps, you will remain on your toes. To add a little spice, every time you step your toe down in the front or back, your heels will swivel inwards; and every time you are swinging your foot out to the right or left, your heels will swivel outwards

SIDE SHUFFLE STEPS IN ¼ TURNS

- 1&2 Step right foot to right side, slide left next to right, step right foot to right side
- 3&4 Making a ¼ turn to right, step left foot out to left side, slide right next to left, step left foot to left side
- 5&6 Making a ¼ turn to right (now facing back wall), step right foot to right side, slide left next to right, step right foot to right side
- 7&8 Making a ¼ turn to right, step left foot out to left side, slide right next to left, step left foot to left side

FORWARD SLIDE KICKS 2X, STOMPS, HEEL SWIVELS

- 1& Kick right foot out in front and at the same time slide your left foot slightly backwards, cross right foot down slightly in front of left
- 2& Step weight back on left, step right foot down again slightly in front of left

REPEAT THIS TO THE LEFT

- 3& Kick left foot out in front and at the same time slide your right foot slightly backwards, cross left foot down slightly in front of right
- 4& Step weight back on right, step right foot down again slightly in front of left

As you're stepping your feet back and forth in place, your body is slightly moving in a rocking manner - really let your knees bed on this one!

- 5-6 Stop right foot out slightly to right, stomp left foot out slightly to left (feet should be shoulder width apart)
- 7&8 Turn both toes inward, turn both heels inward, turn both toes inward (feet are now together)

HEEL SWIVELS

- 1-2 Turn both heels to right, turn both toes to right
- 3&4 Turn both heels to right, turn both toes to right, turn both heels to right
- 5-6 Turn both heels to left, turn both toes to left
- 7&8 Turn both heels to left, turn both toes to left, turn both heels to left

TOE, HEEL STEPS MAKING ¼ TURN TO RIGHT

- 1-2 Cross right foot over left and tap toe, pick foot slightly up and step weight down (still crossed over left)
- 3-4 Tap left toe back, pick foot slightly up and step your weight down

5-6 Make a ¼ turn to right (now facing front wall) and tap right toe in place, pick foot slightly up and step weight down in place

7-8 Tap left toe in place, pick foot slightly up and step weight down in place

STOMP, TOE TAPS

1 Stomp right foot out to 1:00 position

2-4 Tap toe three times

As you're doing this, shake your right index finger out in front as if you were scolding someone

5 Stomp left foot out to 11:00 position

6-8 Tap toe three times

As you're doing this side, shake your left index finger

BACK SIDE JAZZY KICKS

1 Swing right foot out to right side while slightly bouncing in place on your left foot (just raise your heel up)

&2 Step right foot slightly back, swing left foot out to left side while slightly bouncing in place on your right foot (just raise your heel up)

&3 Step left foot slightly back, swing right foot out to right side while slightly bouncing in place on your left foot

&4 Jump weight back onto right foot, while raising left knee up slightly, step down onto left foot

REPEAT
