

Squeezit

拍数: 56 墙数: 4 级数: Improver
编舞者: Gloria Johnson (USA)
音乐: Squeeze Me In - Garth Brooks & Trisha Yearwood



HEEL & TOE TOUCHES

- 1-2 Tap right heel forward twice
- 3-4 Tap right toe back twice
- 5-6 Tap right heel forward twice
- 7-8 Tap right toe back twice

Add energy & pizzazz by bouncing on one foot while, touching the other. See suggested variation at the bottom.

8-COUNT GRAPEVINE

- 9-10 Step right to right side, cross-step left behind right
- 11-12 Step right to right side, cross-step left over right
- 13-14 Step right to right side, cross-step left behind right
- 15-16 Step right to right side, cross-step left over right

JAZZ BOXES

- 17-18 Cross-step right over left, step left back
- 19-20 Turning $\frac{1}{4}$ right, step on right, step left beside right
- 21-22 Cross-step right over left, step left back
- 23-24 Turning $\frac{1}{4}$ right, step on right, touch left beside right

HEEL & TOE TOUCHES

- 25-26 Tap left heel forward twice
- 27-28 Tap left toe back twice
- 29-30 Tap left heel forward twice
- 31-32 Tap left toe back twice

Again, bounce on one foot while touching the other for energy and style. See suggested variation at the bottom.

8-COUNT GRAPEVINE

- 33-34 Step left to left side, cross-step right behind left
- 35-36 Step left to left side, cross-step right over left
- 37-38 Step left to left side, cross-step right behind left
- 39-40 Step left to left side, cross-step right over left

JAZZ BOXES

- 41-42 Cross-step left over right, step right back
- 43-44 Turning $\frac{1}{4}$ left, step on left, step right beside left
- 45-46 Cross-step left over right, step right back
- 47-48 Step left to left side, touch right beside left

ROCK-STEPS WITH CLAPS

- 49-50 Rock-step right forward, rock back onto left and clap hands
- 51-52 Rock-step right back, rock forward onto left and clap hands
- 53-54 Rock-step right forward, rock back onto left and clap hands
- 55-56 Rock-step right back, rock forward onto left and clap hands

REPEAT

SUGGESTED VARIATION FOR THE HEEL & TOE TOUCHES

- 1-2 Touch right heel forward, hold
 - 3-4 Touch right toe back, hold
 - 5-6 Touch right heel forward, hold
 - 7-8 Touch right toe back, hold
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