

# Thanks A Lot

拍数: 64      墙数: 2      级数: Improver two step  
编舞者: Noel Castle (AUS)  
音乐: Thanks a Lot - Martina McBride



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## **SIDE, RECOVER, CROSS, HOLD - SIDE, RECOVER, CROSS, HOLD**

1-4            (QQS) Rock right side, recover left, cross right over left, hold (moving slightly forward)  
5-8            (QQS) Rock left side, recover right, cross left over right, hold (moving slightly forward)

## **¼ RIGHT & WALK, HOLD, WALK, HOLD - FORWARD, PIVOT ½ LEFT, FORWARD, HOLD**

1-4            (SS) Turn ¼ right & step right forward, hold, step left forward, hold (3:00)  
5-8            (QQS) Step right forward, pivot ½ left (weight left), step right forward, hold (9:00)

## **FORWARD, LOCK, FORWARD, HOLD - ROCKING CHAIR**

1-4            (QQS) Step left forward, lock right behind left, step left forward, hold  
5-8            (QQQQ) Rock right forward, recover left, rock right back, recover left

## **STEP, HOLD, PIVOT ¼ LEFT, HOLD - CROSS, SIDE, CROSS, HOLD**

1-4            (SS) Step right forward, hold, pivot ¼ left (weight left), hold (6:00)  
5-8            (QQS) Cross right over left, step left side, cross right over left, hold

## **¼ LEFT & WALK, HOLD, WALK, HOLD - FORWARD, PIVOT ½ RIGHT, FORWARD, HOLD**

1-4            (SS) Turn ¼ left & step left forward, hold, step right forward, hold (3:00)  
5-8            (QQS) Step left forward, pivot ½ right (weight right), step left forward, hold (9:00)

## **FORWARD, LOCK, FORWARD, HOLD - ROCKING CHAIR**

1-4            (QQS) Step right forward, lock left behind right, step right forward, hold  
5-8            (QQQQ) Rock left forward, recover right, rock left back, recover right

## **STOMP UP, HITCH, FORWARD, TOUCH - BACK, LOCK, BACK, HOLD**

1-4            (QQQQ) Stomp left up forward, hitch left knee, step left forward, touch right toe behind left  
5-8            (QQS) Step right back, lock left across in front of right, step right back, hold

## **BACK, HITCH, ¼ LEFT & SIDE, TOUCH - FORWARD RUN, RUN, RUN, HOLD**

1-4            (QQQQ) Step left back, hitch right knee, turn ¼ left & step right side, touch left to right (6:00)  
5-8            (QQS) Step forward left, right, left, hold

**REPEAT**

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