

Time

拍数: 40 墙数: 4 级数: Improver
编舞者: Sally Blair (USA)
音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



POINT TOES OUT, IN, OUT, CLAP, WEIGHT CHANGES AND CLAPS

- 1-2 Point left toes out to left side, touch left toes beside right foot
- 3-4 Point left toes out to left side, hold as you clap
- 5-6 Change weight to left foot and touch right toes out to right side, clap
- 7-8 Change weight to right foot and touch left toes out to left side, clap

WEIGHT CHANGE-RIGHT TOES OUT, IN, OUT, CLAP, 2 KICK-BALL-CHANGES

- 9-10 Change weight to left foot and touch right toes out to right side, touch right toes beside left foot
- 11-12 Touch right toes out to right side, clap
- 13&14 Kick right foot forward & step down on ball of right foot beside left, change weight to left foot
- 15&16 Kick right foot forward & step down on ball of right foot beside left, change weight to left foot

STEP, PIVOT, REPEAT, STOMP, TOUCH, KICK-BALL-CHANGE

- 17-18 Step forward on right foot, pivot $\frac{1}{2}$ turn to left
- 19-20 Repeat steps 17-18 (weight ends up on left foot)
- 21-22 Stomp right foot beside left, touch left foot beside right
- 23&24 Kick left foot forward & step down on ball of left foot beside right, change weight to right foot

KICK-BALL-CHANGE, STEP, PIVOT, STEP, PIVOT, STOMP, STOMP

- 25&26 Kick left foot forward & step down on ball of left foot beside right, change weight to right foot
- 27-28 Step forward on left foot, pivot $\frac{1}{2}$ turn to right
- 29-30 Repeat steps 27-28 (weight ends up on right foot)
- 31-32 Stomp left foot beside right, stomp right foot beside left

HEEL TOE SWIVELS, STEP, PIVOT $\frac{1}{4}$ TURN), STOMP, CLAP

- 33-34 Moving to right swivel heels to right, swivel toes (both feet) to right
- 35-36 Swivel heels to right, swivel toes (both feet) to right (weight ends up on left foot)
- 37-38 Step forward on right foot, pivot turn $\frac{1}{4}$ turn to the left
- 39-40 Stomp right foot beside left (weight ends up on right foot), clap

REPEAT
