

# T-N-T

拍数: 40      墙数: 1      级数: Intermediate  
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音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## KICK BALL CHANGE, STEP TOUCH, CROSS TURN, KICK BALL CHANGE

1&2      Right kick ball change  
3-4      Cross right over left, touch left to side  
5-6      Cross left over right, unwind  $\frac{3}{4}$  right (weight to left)  
7&8      Right kick ball change

## TURN TO LEFT, FULL TURN, POLKA FORWARD, TURN TO RIGHT

1-2      Step right forward, turn  $\frac{1}{2}$  left (weight to left)  
3-4      Turn  $\frac{1}{4}$  left and step right together, turn  $\frac{3}{4}$  left and step left forward  
5&6      Step right forward, step left together, step right forward  
7-8      Step left forward, turn  $\frac{1}{2}$  right (weight to right)

## POLKA STEPS, TOUCH-CLAP (TO LEFT, THEN TO RIGHT)

1&2      Turn  $\frac{1}{8}$  left and shuffle forward stepping left, right, left  
3-4      Touch right together, clap  
5&6      Turn  $\frac{1}{4}$  right and shuffle forward stepping right, left, right  
7-8      Touch left together, clap

## STEPS & TURNS, KICK-BALL-CHANGE

1-2-3      Turn  $\frac{1}{4}$  to left and step left forward, step right forward, turn  $\frac{1}{2}$  left (weight to left)  
4-5-6      Step right forward, step left forward, turn  $\frac{1}{4}$  right and step right together  
7&8      Left kick ball change

## STEP-TOUCH FORWARD AND BACK, TURN-STEP, 3 STAMPS

1-2      Step left forward, touch right together  
3-4      Step right back, touch left together  
5-6      Turn  $\frac{1}{4}$  left and step left together, stomp/touch right in place  
7&8      Hold, stomp/touch right in place, stomp/touch right in place

## REPEAT

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