

T-N-T

拍数: 40 墙数: 1 级数: Intermediate
编舞者: Terri Kellerman (USA)
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
