

Touch Me

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Wanda M. Gray
音乐: I Get So Rattled - Jill Morris



WALK FORWARD, TOUCH, HEEL JACKS, STEP, PIVOT ½ TURN LEFT

- 1 Step forward onto right foot
- 2 Step forward onto left foot
- 3 Tap right toe behind left heel
- & Step back onto right foot
- 4 Tap left heel forward to left diagonal
- & Bring left foot back to place
- 5 Touch right foot beside left foot
- & Step back onto right foot
- 6 Tap left heel forward to left diagonal
- & Bring left foot back to place
- 7 Step forward onto right foot
- 8 Pivot ½ turn to the left

SHUFFLE RIGHT, ROCK & RECOVER, SHUFFLE LEFT, ROCK & RECOVER

- 1&2 Shuffle to the right side, stepping right.left.right
- 3 Rock back onto left foot
- 4 Recover weight onto right foot
- 5&6 Shuffle to the left side stepping left.right.left
- 7 Rock back onto right foot
- 8 Recover weight onto left foot

WALK FORWARD, HIP BUMPS RIGHT, WALK FORWARD, HIP BUMPS LEFT

- 1 Step forward onto right foot
- 2 Step forward onto left foot
- 3 Take a small step forward on right foot and bump hips to right
- & Bump hips to left
- 4 Bump hips to right transferring weight to right foot
- 5 Step forward onto left foot
- 6 Step forward on to right foot
- 7 Take a small step forward onto left foot and bump hips to left
- & Bump hips to right
- 8 Bump hips to left transferring weight onto left foot

ROCK FORWARD, TURNING SHUFFLE ½ TURN RIGHT, ROCK FORWARD, TURNING SHUFFLE ¾ TURN LEFT

- 1 Rock forward onto right foot
- 2 Recover weight onto left foot
- 3&4 Turn ½ turn right stepping right-left-right
- 5 Rock forward onto left foot
- 6 Recover weight onto right foot
- 7&8 Turn ¾ turn left stepping left-right-left

RIGHT SAILOR, LEFT SAILOR, STEP, TURN, HEEL JACK

- 1 Step right foot behind left foot
- & Small step to left on left foot

- 2 Small step to right on right foot
- 3 Step left foot behind right foot
- & Small step to right on right foot
- 4 Small step to left on left foot
- 5 Step forward onto right foot
- & Hook left foot behind right ankle
- 6 Turn ½ turn right on right foot
- & Step back onto left foot
- 7 Tap right heel to right diagonal
- & Bring right foot back to place
- 8 Touch left foot beside right foot

STOMP, HOLD, HIP CIRCLES

- 1 Stomp left foot slightly forward
- 2-4 Hold for next 3 counts with attitude
- 5-8 Circle hips to the left over 4 counts (add snakes or body rolls for the more experienced dancers) ending with weight on left foot

REPEAT

16 COUNT BRIDGE (END OF 1ST WALL ONLY)

TURNING SHUFFLES RIGHT AND LEFT

- 1&2 Shuffle to right stepping right-left-right
 - & ½ turn to right on ball of right foot
 - 3&4 Shuffle to left stepping left-right-left
 - & Turn ½ turn left on ball of left foot
 - 5&6 Shuffle to right stepping right-left-right
 - 7 Rock forward onto left foot
 - 8 Recover weight onto right foot

 - 9&10 Shuffle to left side stepping left-right-left
 - & Turn ½ turn left on ball of left foot
 - 11&12 Shuffle to right stepping right-left-right.
 - & Turn ½ turn right on ball of right foot
 - 13&14 Shuffle to left stepping left-right-left
 - 15 Rock forward onto right foot
 - 16 Recover weight onto left foot
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