

# Turned On

拍数: 64      墙数: 4      级数:  
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音乐: I Left Something Turned On At Home - Trace Adkins



## CRISS CROSS SHUFFLES

- 1&2      Moving forward at 45 degrees to left, cross right foot over left, step left foot behind left heel and step right foot forward
- 3&4      Moving forward at 45 degrees to right, cross left foot over right, step right foot behind left foot and step left forward
- 5&6      Repeat steps 1&2
- 7&8      Repeat steps 3&4

## MONTEREY TURN

- 9&10      Point right toe to right side, pivot  $\frac{1}{2}$  turn right on ball of left foot and step right foot beside left foot
- 11&12      Point left toe to left side and return next to left foot

## SIDE LUNGES, PIVOT, SIDE LUNGES

- 13-14      Lunge to the right on right foot, step right foot next to left
- 15-16      Lunge to the left on left foot, step left foot next to right
- &      Pivot  $\frac{1}{4}$  turn left on ball of left foot
- 17-18      Lunge to the right on right foot, step right foot next to left
- 19-20      Lunge to the left on left foot, step left foot next to right

## SYNCOPATED JUMPS

- &      Jump slightly forward onto right foot
- 21-22      Step left foot next to right, hold & clap hands
- &      Jump slightly back onto left foot
- 23-24      Step left foot next to right, hold & clap hands
- &      Jump slightly back onto right foot
- 25-26      Step left foot next to right, hold & clap hands
- &      Jump slightly back onto left foot
- 27&28      Step left foot next to right, hold & clap hands

## RIGHT KICK-BALL CHANGE, STEP PIVOT $\frac{1}{2}$ TURN

- 29&30      Kick right foot forward, step onto ball of right foot next to left, shift weight onto left foot
- 31-32      Step forward on right foot & pivot  $\frac{1}{2}$  turn left (weight on left foot)

## SIDE SHUFFLES, STEP PIVOT $\frac{1}{2}$ TURN

- 33-34      Step right to right, step left next to right, step right to right, (right-left-right)
- 35-36      Step forward on ball of left foot and pivot  $\frac{1}{2}$  turn left (while hitching right leg)
- 37-40      Repeat steps 33-36

## SYNCOPATED TOE & HEEL TOUCHES, HOLDS

- 41-42      Touch right toe to the right. Hold
- &      Step right foot to center
- 43-44      Touch left toe to left, hold
- &      Step left foot to center
- 45-46      Touch right heel forward, hold
- &      Step right foot to center
- 47-48      Touch left toe back, hold

## **GALLOPS, ROCK STEPS, TRIPLE STEPS**

- 49&50 Step forward at 45 degrees on left, step right to left & step left forward  
51&52 Step forward at 45 degrees on right, step left to right & step right forward  
53-54 Rock forward on left foot and rock back on right  
55&56 Triple step on the spot. (left-right-left)

## **RIGHT CROSS VINE, STEP PIVOT TURN**

- 57-58 Step right onto right foot, step left behind right  
59-60 Step right onto right foot, step left across right foot  
61-62 Step forward on right foot & pivot ½ turn left  
63&64 Repeat steps 61-62

## **REPEAT**

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