

Just Do It

拍数: 32 墙数: 4 级数: Beginner
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音乐: Put Your Heart Into It - Sherrié Austin



RIGHT HEEL AND TOE TOUCHES AND CLAPS, HEEL-TOE-HEEL, CLAP

- 1-2 Touch right heel forward, clap
- 3-4 Touch right toe back, clap
- 5-6 Touch right heel forward, touch right toe back
- 7-8 Touch right heel forward, clap

½ TURN TO RIGHT, STOMP LEFT-RIGHT, HEEL AND TOE TOUCHES AND CLAPS

- 1-2 Touch right toe back, turn ½ to right and transfer weight to right foot (right foot is forward)
- 3-4 Stomp together left-right
- 5-6 Touch left heel forward, clap
- 7-8 Touch left toe back, clap

HEEL-TOE-HEEL, CLAP, ½ TURN TO LEFT, STOMP RIGHT-LEFT

- 1-2 Touch left heel forward, touch left toe back
- 3-4 Touch left heel forward, clap
- 5-6 Touch left toe back, turn ½ to left and transfer weight to left foot (left foot is forward)
- 7-8 Stomp together right-left

VINE RIGHT WITH ¼ TURN AND STOMP, SWIVELS TO LEFT (TOES-HEELS-TOES), RIGHT FOOT STOMP (UP)

- 1-2 Step right foot to right, cross left foot behind right foot
- 3-4 Step right foot to right making ¼ turn to right, stomp left foot next to right foot
- 5-6 With weight on heels swivel both toes to left, put weight on toes and swivel both heels to left
- 7-8 With weight on heels swivel both toes to center, stomp right foot (up) next to left foot (weight remains on left foot)

REPEAT
