

Just Do It

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Chris Hodgson (UK)
音乐: Texas Saturday Night - The Woolpackers



HEEL/TOE -TWICE / RIGHT TOE STRUT BACK / LEFT HEEL LIFTS

- 1-2 Touch right heel diagonally forward, touch right toe next to left instep right knee turning out and in
- 3-4 Repeat counts 1-2 right knee turning out and in
- 5-6 Touch right toe back, drop right heel to floor
- 7-8 Leaving feet where they are lift left heel off floor twice

HEEL/TOE -TWICE / LEFT TOE STRUT BACK / RIGHT HEEL LIFTS

- 1-2 Touch left heel diagonally forward, touch left toe next to right instep left knee turning out and in
- 3-4 Repeat counts 1-2 left knee turning out and in
- 5-6 Touch left toe back, drop left heel to floor
- 7-8 Leaving feet where they are lift right heel off floor twice

2 SWIVELS (HEELS IN AND CENTER) / RIGHT VINE

- 1-2 Right foot is still in front of left foot weight on toes, swivel both heels inwards and back to center
- 3-4 Repeat counts 1-2
- 5-8 Right foot steps to right, cross left behind, right steps to right, touch left foot next to right

TWO ½ TURNS RIGHT / LEFT VINE

- 1-2 Step left foot forward, pivot ½ turn right
- 3-4 Step left foot forward, pivot ½ turn right
- 5-8 Left foot steps to left, cross right behind, left foot steps to left, touch right foot next to left

½ TURN LEFT / HEEL AND TOE / 2 SCOOTERS FORWARD / STEP DOWN RIGHT AND LEFT

- 1-2 Step right foot forward, pivot ½ turn left
- 3-4 Touch right heel forward, touch right toe back
- 5-6 Scoot forward on left foot twice
- 7-8 Step down in place on right foot then left foot (feet slightly apart)

KNEE POPS / STEP BACK / ROCK FORWARD / STEP FORWARD / ¼ TURN LEFT

- &1&2 With knees bent lift up both heels and return to floor twice
- &3&4 Repeat counts &1&2
- 5-6 Step right foot back, rock weight forward onto left foot
- 7-8 Step forward on right foot, pivot on balls of both feet ¼ left ending with weight on left foot

REPEAT
