

It Wouldn't Kill Me

拍数: 38 墙数: 2 级数:
编舞者: Pam Ackary (AUS) & Peter Probert (AUS)
音乐: It Wouldn't Kill Me - Ricky Van Shelton



¼ RIGHT, ½ LEFT, SWEEP TOE FORWARD, ¼ LEFT, SWEEP BACK TWICE, & CENTER, LEFT SHUFFLE FORWARD

- 1-2-3-4 ¼ right stepping on right, ½ pivot left, sweep right toe in front of left, lift both heels while turning ¼ left (weight left)
5-6&7&8 Sweep right around behind left, sweep left around behind right, &right to center, left shuffle forward (6:00)

SWEEP ¼ LEFT, HOLD, CROSS LEFT OVER RIGHT, CROSS SHUFFLE, ½ TURN RIGHT, FORWARD, BACK, RIGHT SAILOR

- 1-2&3&4 Sweep right around over left doing a ¼ turn left weight on left, hold, cross left over right doing a cross shuffle (left-right-left)
&5-6-7&8 ½ turn right on ball of left, (weight on left) step forward on right, rock back on left, right sailor (9:00)

LEFT SAILOR, CENTER, ROCK LEFT, ROCK RIGHT, BEHIND ¼, FORWARD, BACK

- 1&2&3-4 Left sailor, right center, rock to left (using hips), rock to right (using hips)
5&6-7-8 Left behind right, ¼ right stepping on right, step forward on left, step forward on right, rock back on left (12:00)

& RIGHT TO CENTER, LEFT TOE BACK, REVERSE ½ PIVOT, LEFT COASTER, SWEEP, SWEEP, HIP, HIP

- &1-2-3&4 Right to center, left toe back, reverse ½ pivot left (weight on right), left coaster
5-6-7-8 Sweep right around left, sweep left around right, hip sway to right, hip sway to left (6:00)

& CENTER, HIP, HIP, CENTER, FORWARD, BACK, CENTER, FORWARD, BACK, CENTER

- &1-2&3-4 Right to center, hip to left, hip to right, &left center, step forward on right, rock back on left
&5-6& Right to center, step forward on left, rock back on right, left center (6:00)

REPEAT

TAG

End of wall 2nd facing front

- 1-2-3-4 Step to right, drag left to right, step to left drag right (keeping weight on left)

RESTART

3rd wall facing back: leave off the last 2 ½ counts (forward on left, back on right, left center) restart from beginning

RESTART

5th wall facing back: dance up to count 12 (left cross shuffle) while doing cross shuffle, turn ¼ right on count 12 you will be facing back, restart from beginning