

It's All Right

拍数: 40 墙数: 4 级数: Intermediate
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音乐: I'm Holdin' On to Love (To Save My Life) - Shania Twain



SAILOR SHUFFLES

1&2 Left sailor (step left behind right, step right to right side, step left to left side)
3&4 Right sailor (step right behind left, step left to left side, step right to right side)

BALL JACKS, LUNGE, BALL JACK, SHUFFLE FORWARD

These next 6 counts are done in a bouncing motion

&5&6 Jump back onto left with right 45, jump together right-left
&7-8 Lunge to right side stepping right to right side, step left in place, step right together
&9&10 Jump back onto left with right 45, jump together right-left
11&12 Shuffle forward right-left-right

¼ TURN PIVOT, CROSS SHUFFLE, ¾ TURN, ½ TURN SHUFFLE BACK

13-14 Step forward left, turn ¼ turn right taking weight onto right leg
15&16 Cross shuffle right, step left leg over right, step right to right side, step left over right
17-18 Step back onto right turning ¼ turn left, step forward onto left turning ½ turn left
19&20 Turning ½ turn left shuffle back right-left-right

ROCK BACK & FORWARD, TOUCH BALL CHANGE TRAVELING 45 RIGHT

21-22 Rock back onto left, step forward right 45 degrees right

These next 4 counts done traveling 45 degrees right

23&24 Touch left toe together, step back left, step forward right
25&26 Touch left toe together, step back left, step forward right

ROCKS FORWARD & BACK WITH ¼ TURNS

27-29 Rock forward left (body still facing 45 degrees right), rock back right turning 45 degrees left, turning ¼ turn left step left to left side
30-32 Rock forward right turning ¼ turn right, rock forward left, rock back right

FULL TURN LEFT, SHUFFLE LEFT

33-34 Full turn left traveling left stepping left-right (left leg after turn should be over right leg)
35&36 Shuffle to left side stepping left-right-left

KICK BALL CHANGE, STOMP, ¼ TURN JUMP KICK

37&38 Right kick ball change, kick right leg forward, step right together, step left together
39-40 Stomp right leg keeping weight on left, turning ¼ turn left jump back onto right kicking left to left side.

REPEAT

Music stops for eight counts, after completing last wall with jump kick, step left to left side keeping weight on right leg for one count and hold for seven more counts, total of eight counts. Resume dance from start after this hold.