

Is You Is Or Is You Ain't

拍数: 32 墙数: 4 级数: Improver
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音乐: Ain't Nobody Here But Us Chickens - Asleep at the Wheel



HEEL/TOE STRUTS, HEEL TAPS

- 1-2 Step forward on heel of left foot; step down onto ball of left foot
- 3-4 Tap left heel twice and shift weight to left foot
- 5-6 Step forward on heel of right foot; step down onto ball of right foot
- 7-8 Tap right heel twice and shift weight to right foot

VINE LEFT WITH ¼ TURN, SCUFF, CROSS, STEP BACK, MODIFIED MONTEREY TURN

- 9-10 Step to the left on left foot; cross right foot behind left and step
- 11-12 Step a ¼ turn to the left on left foot; scuff right foot next to left
- 13-14 Cross right foot over left and step; step back on left foot
- 15-16 Touch right toe out to side; pivot a ¼ turn to the right on ball of left foot and step right foot next to left

TOE TOUCHES, SIDE STEP LEFT, TOUCH, MILITARY PIVOT TO THE LEFT, MILITARY TURN TO THE LEFT

- 17-18 Touch left toe out to side; touch left toe next to right
- 19-20 Step to the left on left foot; touch right foot next to left
- 21-22 Step forward on right foot; pivot ½ turn to the left on ball of right foot and shift weight to left foot
- 23-24 Step forward on right foot; pivot ¼ turn to the left on ball of right foot and shift weight to left foot

STEP, SLIDE, STEP, SCUFF, TO THE RIGHT MILITARY PIVOTS

- 25-26 Step forward on right foot; slide left foot next to right and step
- 27-28 Step forward on right foot; scuff left foot next to right
- 29-30 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 31-32 Step forward on left foot; pivot ½ turn to the right on ball of left foot and shift weight to right foot

REPEAT
