If The Shoe Fits

拍数: 32   **墙数:** 4   **级数:** Intermediate

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音乐: If I Had No Loot - Tony! Toni! Toné!

WALK, WALK, UP, UP, BACK, BACK, ROCK RETURN FORWARD, ROCK RETURN FORWARD

1-2	Step right forward, step left forward
&3&4	Step right (small step) forward, step left together, step right (small step) back, step left together

Stay on the balls of the feet. Thrust hips forward on &3, contract and pull hips back on &4

5&6	Step right to side, step left slightly back, step right forward

Small tight steps

7&8	Step left to side, step right slightly back, step left forward with toe turned out

Small tight steps

¼ TURN TOUCH, WALK X 3, ¼ RIGHT TOUCH HOLD, AND CROSS AND CROSS

1	Turn ¼ left and touch right together
2-4	Step right forward, step left forward, step right forward
&5-6	Turn ¼ right and step left to side, touch right together, hold

Option for count 6: slap left foot with left hand

&7&8	Step right slightly back, cross left over right, step right to side, cross left over right

¼ TURN SLIDE TOUCH, ¼ TURN SLIDE TOUCH, WALK, WALK, SWIVEL, SWIVEL STEP

1-2	Turn ¼ right and step right diagonally forward (big sliding type step), touch left together
3-4	Turn ¼ right and step left to side (big sliding type step), touch right together (6:00)
5-6	Step right forward, cross left over right
7&	Spiral turn ½ right (weight to left), turn ½ left (weight to left)

This is a controlled movement, from the hips down. The upper body does not move left and right

8	Step right diagonally forward

Easy option:

7&8	Touch right toe forward, touch right toe forward, step right diagonally forward

Tap and step a little farther to the right each time

WALK, WALK, TAP, TAP STEP, CROSS SIDE, BOUNCE X 3 (TURN ¾ RIGHT)

1-2	Step left forward, step right to side

Square your body on back wall

3&4	Touch left toe slightly to side, touch left toe to side, step left to side

Tap and step a little farther to the left each time

5-6	Cross right over left, step left to side

Prep upper body for ¾ turn right

7&8	Touch right together and bounce in place 3 times, turning ¾ right

Keep weight mostly on left foot

REPEAT