

Hmmm, Done It

拍数: 90 墙数: 4 级数: Advanced
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音乐: Love Gets Me Every Time - Shania Twain



RIGHT KICK BALL CHANGES, SAILOR SHUFFLES

- 1 Kick right foot forward
- & Step on ball of right foot next to left
- 2 Shift weight onto left foot
- 3&4 Repeat beats 1&2
- 5 Cross right foot behind left and step
- & Step slightly to the left on left foot
- 6 Step right foot next to left
- 7 Cross left foot behind right and step
- & Step slightly to the right on right foot
- 8 Step left foot next to right

FORWARD SHUFFLE, TO THE RIGHT MILITARY PIVOT, TURNING SHUFFLE, ROCK STEPS

- 9&10 Shuffle forward right-left-right
- 11 Step forward on left foot
- 12 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 13&14 Shuffle forward left-right-left making a ½ turn to the right
- 15 Step back on right foot while lifting left foot slightly
- 16 Step forward onto left foot

TURNING TRIPLES

- 17 Step forward on right foot
- & Step slightly to the left on left foot making a ¼ turn to the left with the step
- 18 Step right foot next to left
- 19 Step left foot next to right
- & Step slightly to the right foot making a ¼ turn to the left with the step
- 20 Step left foot next to right
- 21 Step right foot next to left
- & Step slightly to the left on left foot making a ¼ turn to the left with the step
- 22 Step right foot next to left
- 23 Step left foot next to right
- & Step slightly to the right on right foot, making a ¼ turn to the left with the step
- 24 Step left foot next to right

RIGHT KICK BALL CROSSES, HEEL SWITCHES

- 25 Kick right foot forward
- & Step right foot next to left
- 26 Cross left foot in front of right and step
- 27 Step right foot next to left
- 28 Kick left foot forward
- & Step left foot next to right
- 29 Cross right foot in front of left and step
- 30 Step left foot next to right
- 31 Touch right heel forward
- & Step to home on right foot
- 32 Touch left heel forward

& Step left foot to home
33 Touch right heel forward
& Step right foot to home

CROSS STEP, LEFT KICK BALL CROSSES, SIDE SHUFFLES AND PIVOTS

34 Cross left foot over right and step
35 Step right foot next to left
36 Kick left foot forward
& Step left foot next to right
37 Cross right foot in front of left and step
38 Step left foot next to right
39&40 Shuffle sideways to the right (right-left-right)
& Pivot ½ turn to the right on ball of right foot
41&42 Shuffle sideways to the left (left-right-left)
& Pivot ½ turn to the left on ball of left foot
43&44 Shuffle sideways to the right (right-left-right)

HEEL SWITCHES, FORWARD STEP, STEP, SIDE SHUFFLES AND PIVOTS

45 Touch left heel forward
& Step left foot to home
46 Touch right heel forward
& Step right foot to home
47 Step forward with a long step on left foot
48 Step right foot next to left

SIDE SHUFFLES AND PIVOTS, HEEL SWITCHES, FORWARD STEP

49&50 Shuffle sideways to the left (left-right-left)
& Pivot ½ turn to the left on ball of left foot
51&52 Shuffle sideways to the right (right-left-right)
& Pivot ½ turn to the right on ball of right foot
53&54 Shuffle sideways to the left (left-right-left)
55 Touch right heel forward
& Step right foot to home
56 Touch left heel forward
& Touch left to home
57 Step forward with a long step on right foot
58 Step left foot next to right

RIGHT KICK BALL CHANGES WITH TURN

59 Kick right foot forward
& Step on ball of right foot next to left
60 Shift weight onto left foot
61 Kick right foot forward
& Step on ball of right foot next to left making a ¼ turn to the left
62 Shift weight. Onto left foot

SYNCOPATED TOE TOUCHES

63 Touch right toe forward
& Step right foot to home
64 Touch left toe forward
& Step left foot to home
65-66 Touch right toe forward, twice
& Step left foot to home
67 Touch left toe forward

& Step left foot to home
68 Touch right to forward
& Step right foot to home
69-70 Touch left toe forward twice
71 Touch right toe forward
& Step right foot to home
72 Touch left toe forward
& Step left foot to home

FORWARD STEP, HIP BUMPS, HIP GRINDS

73 Step forward with a long step
74 Step left foot next to right
75-76 Bump hips to the right twice
77-78 Bump hips to the left twice
79 Rotate hips to the left to the right
80 Rotate hips to the left to the left
81-82 Repeat beats 79 and 80

FORWARD SHUFFLE, MILITARY PIVOT TO THE LEFT, FORWARD SHUFFLE, STOMPS

83-84 Shuffle forward (right-left-right)
85 Step forward on left foot
86 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
87&88 Shuffle forward (left-right-left)
89 Stomp right foot next to left
90 Stomp left foot next to right (stomp down)

REPEAT
