

Hang On

拍数: 48 墙数: 4 级数: Intermediate
编舞者: Tom "Bubba" Via (USA)
音乐: You Keep Me Hanging On (Dance Mix) - Reba McEntire



HEEL TOUCHES, SIDE STEP-SLIDES

- 1 Touch right heel forward
- 2 Touch right toe next to left foot
- 3 Step to the right on right foot
- 4 Slide left foot over next to right
- 5 Touch left heel forward
- 6 Touch left toe next to right foot
- 7 Step to the left on left foot
- 8 Slide right foot over next to left

HIP ROLLS

- 9-10 Roll hips to the right in a circle on these two beats
- 11-12 Roll hips to the left in a circle on these two beats
- 13-16 Repeat beats 9-16

SIDE ROCKING SYNCOPATIONS

- 17 Step to the right on right foot
- & Push off of right foot putting weight onto left foot
- 18 Step right foot to home
- 19 Step to the left on left foot
- & Push off of left foot putting weight onto right foot
- 20 Step left foot to home
- 21-24 Repeat beats 17-20

SIDEWAYS SHUFFLES, ROCK STEPS

- 25&26 Shuffle sideways to the right (right-left-right)
- 27 Cross left foot behind right and step
- 28 Rock forward onto right foot
- 29&30 Shuffle sideways to the left (left-right-left)
- 31 Cross right foot behind left and step
- 32 Rock forward onto left foot

¾ STEP TURN TO THE LEFT, FORWARD SHUFFLE, MILITARY PIVOT TO THE RIGHT, FORWARD SHUFFLE

- 33 Step to the right on right foot and begin a ¾ turn to the left
- 34 Step on left foot and complete ¾ turn to the left
- 35&36 Shuffle forward (right-left-right)
- 37 Step forward on left foot
- 38 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 39&40 Shuffle forward (left-right-left)

ROLLING STEP TURN TO THE LEFT FORWARD, FORWARD SHUFFLE, MILITARY PIVOTS TO THE RIGHT

- 41 Step forward on right foot and begin a full rolling turn to the left traveling forward
- 42 Step on left foot and complete full rolling turn to the left
- 43&44 Shuffle forward (right-left-right)

- 45 Step forward on left foot
- 46 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot
- 47 Step forward on left foot
- 48 Pivot $\frac{1}{2}$ turn to the right on ball of left foot and shift weight to right foot while sliding right foot up next to left

REPEAT
