

Goin' Off

拍数: 64 墙数: 1 级数: Intermediate
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音乐: Goin' Off - Tania Kernaghan



MONTEREY TURN, MONTEREY TURN

- 1 Monterey turn: touch right toe to the side
- 2 Turn ½ turn right, step right together
- 3-4 Touch left toe to side, step left together
- 5 Monterey turn: touch right toe to the side
- 6 Turn ½ turn right, step right together
- 7-8 Touch left toe to side, step left together

POINT CROSS

- 1-2 Point right toe to right side, step right across left (snap fingers)
- 3-4 Point left toe to left side, step left across right (snap fingers)
- 5-6 Point right toe to right side, step right across left
- 7-8 Point left toe to left side, step left across right

FORWARD ROCK WITH ½ PIVOT

- 1-2 Forward right back on left
- 3-4 Back on right forward on left
- 5-6 Pivot ½ turn left
- 7-8 Together, hold

FORWARD ROCK WITH ½ PIVOT

- 1-2 Forward left back on right
- 3-4 Back on left forward on right
- 5-6 Pivot ½ turn right
- 7-8 Together, hold

FULL TURN RIGHT

- 1-2 Turn ¼ turn right, step forward on right, hitch left slap knee with right hand
- 3-4 Turn ¼ turn right, step forward on left, hitch right slap knee with left hand
- 5-6 Turn ¼ turn right, step forward on right, hitch left slap knee with right hand
- 7-8 Turn ¼ turn right, step forward on left, hitch right slap knee with left hand

STEP LOCK AND HOLD

- 1-2 Step back on right, lock left in front of right
- 3-4 Step back on right, left beside right and hold
- 5-6 Step back on left, lock right in front of left
- 7-8 Step back on left, right beside left and hold

STOMP HOLD

- 1-2 Stomp right hold
- 3-4 Stomp left hold

HIP BUMPS

- 1-2-3-4 Hip bumps right, left, right, left

TOE TOUCHES

- 1-2 Point right toe to right side, together
- 3-4 Point right toe to right side, together
- 5-6 Point left toe to left side, together
- 7-8 Point left toe to left side, together

REPEAT
