

Gone & Dun It

拍数: 48 墙数: 4 级数:
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音乐: This Ain't No Thinkin' Thing - Trace Adkins



STEPS BACK, COASTER STEP, WALK, WALK, OUT, STEP, CROSS

Optional: lower and raise right and left shoulders while pointing down with index fingers and arms to side down both legs (on 1-2, 3&4) beginning right down, left up

- 1 Step back on right foot
- 2 Step back on left foot
- 3 Step back on right foot
- & Quickly step left foot beside right foot
- 4 Step forward on right foot
- 5 Walk forward on left foot
- 6 Walk forward on right foot
- &7 Quick step left foot to left, step on right foot
- 8 Step left foot across in front of and to the right of right foot

POINT, HOLD, QUICK STEP, SCUFF, CROSS BALL CHANGES & SCUFF

- 9 Point right toe to right as you turn 1/8 to right
- 10 Hold
- & Quickly step right foot back
- 11 Step left foot across in front of right foot
- 12 Scuff right foot to right (still turned 1/8 right. The next 5 counts travels to left)
- 13 Step right foot across in front of and to left of left foot (keeping right crossed over left)
- &14 Quickly step on left foot, step on right foot
- &15 Quickly step on left foot, step on right foot (remember to travel left)
- 16 Scuff left foot forward turning 1/8 to left (squaring up to original wall)

JAZZ BOX, JUMP FORWARD, HIP BUMPS

- 17 Step left across in front on right foot
- 18 Step back on right foot
- 19 Step left foot beside right foot
- 20 Jump forward on both feet
- 21 Bump hips right
- 22 Bump hips right
- 23&24 Bump hips left, bump hips right, bump hips left

STEP PIVOT, WALK, SIDE, BEHIND, SIDE ¼ TURN, WALK

- 25 Step forward on right foot
- 26 ½ turn left transferring weight to left
- 27 Step forward on right foot
- 28 Step left foot to left
- 29 Step right foot behind left foot
- 30 Step left foot to left making ¼ turn left
- 31 Make a ½ turn left
- 32 Walk forward on right foot

4 FORWARD WALKS, BODY ROLL, STEP RIGHT LEFT

Attitude on walks! Use your imagination

- 33 Walk forward on left foot

- 34 Walk forward on right foot
- 35 Walk forward on left foot
- 36 Walk forward on right foot
- 37-38 2 count body roll to left
- 39 Step in place on right foot
- 40 Step in place on left foot

These 2 counts are just weight transfers

STEP BACK, HOLD, QUICK STEP, STEP, TOUCH & CLAP, SHUFFLE, STOMPS

- 41 Step back on right foot
- 42 Hold
- & Quickly step on left foot beside right foot
- 43 Step back on right foot
- 44 Touch left toes beside right and clap
- 45&46 Shuffle forward left, right, left
- 47 Stomp right foot
- 48 Stomp left foot

REPEAT
