

Give It A Whirl

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Abby Bayford (UK)
音乐: Rock This Country! - Shania Twain



KICK AND POINTS BACK (LEFT-RIGHT), FULL TURN LEFT, LEFT SHUFFLE

- 1&2 Kick left foot forward. Step left foot next to right. Touch right toe back (pushing right hip out to right side)
3&4 Kick right foot forward. Step right foot next to left. Touch left toe back (pushing left hip out to left side)
5-6 Step forward onto left foot making a ½ turn left step back onto right making a ½ turn left (this is a full turn left over 2 counts left-right)
7&8 Step left foot forward. Step right foot next to left. Step left foot forward

SWIVEL ¼ TURN LEFT, SWIVEL ¼ TURN RIGHT, SWIVEL ¼ TURN LEFT, PIVOT ½ TURN RIGHT, RIGHT COASTER STEP, ROCK FORWARD LEFT, RECOVER

- 9 Swivel ¼ turn left on ball of left foot stepping right foot forward
10 Swivel ¼ turn right on ball of right foot stepping left foot next to right
11 Swivel ¼ turn left on ball of left foot stepping right foot forward
12 Pivot ½ turn right on ball of right foot and step left foot next to right
13&14 Step right foot back. Step left foot next to right. Step right foot forward
15-16 Rock forward onto left foot. Recover weight back onto right foot

STEP LEFT NEXT TO RIGHT, ROCK FORWARD RIGHT, RECOVER, STEP RIGHT AND LEFT TO RIGHT SIDE, RIGHT CHASSE (OPTIONAL CUBAN HIPS), ROCK FORWARD LEFT, RECOVER

- &17-18 Step left foot next to right. Rock forward onto right foot. Recover weight back onto left foot
19-20 Step right foot to right side. Step left foot next to right
21&22 Step right foot to right side. Close left foot beside right. Step right foot to right side. (counts 19-22 optional Cuban hips)
23-24 Rock forward onto left foot. Recover weight back onto right foot

TRIPLE ½ TURN LEFT, PIVOT ½ TURN LEFT WITH HOOK, LEFT SHUFFLE, PIVOT ½ TURN LEFT WITH HOOK

- 25&26 Triple ½ turn left stepping left, right, left
27-28 Step right foot forward. Pivot ½ turn left and hook left heel under right knee
29&30 Step left foot forward. Step right foot next to left. Step left foot forward
31-32 Step right foot forward. Pivot ½ turn left and hook left heel under right knee

REPEAT
