

# Full Of It!

拍数: 56      墙数: 0      级数:  
编舞者: Ian Hunt  
音乐: How Do I Live - LeAnn Rimes



1&2      Kick right across left kick left across right  
3&4      Kick right across left and repeat  
5&6      Kick left across right kick right across left

**7&8 Kick left across right and repeat**  
**Kick steps to be done traveling forward**

9-10      Step right foot across left, unwind  $\frac{1}{2}$  turn over left shoulder  
11-12      Step left foot across right, unwind  $\frac{1}{2}$  turn over right shoulder

## JUMPING JACK STEPS

13&14      Step left to left, cross (step) right over left, step left to left, touch right heel to right  
15&16      Step right to right, cross (step) left over right, step right to right, and touch left heel to left  
17&18      Step left to left, cross (step) right over left, step left to left, touch right heel to right  
19&20      Step left to left, cross (step) right over left, step left to left, touch right heel to right

21-24      Cross right over left, step left to left side, cross right behind left, step left to left side  
25-28      Knee pops, four counts right, left, right, left  
29-32      Cross left over right, step right to right side, cross left behind right, step right to right side

33-36      Knee pops, four counts left, right, left, right  
37-38      Stomp right foot forward and hold  
39&40      Pivot  $\frac{1}{2}$  turn and change weight  
41&42      Shuffle forward left-right-left  
43&44      Shuffle forward right-left-right  
45-48&      Cross left over right and unwind  $\frac{3}{4}$  turn over right shoulder, hold

**On the hold, a body roll can be done!**

49&50      Snake roll left (bend head sideways over left shoulder, push head across and bring head back up)  
51&52      Snake roll right (bend head sideways over right shoulder, push head across and bring head back up)

**If you can't get that snake roll, you can do to hip bumps left, followed by two right!**

53&54      Syncopated jump forward, right step left (ba-dum step!)  
55&56      Syncopated jump backwards, right step left (ba-dum step!)

**REPEAT**

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