

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
