

Don't Sweat It!

拍数: 32 墙数: 4 级数: Intermediate
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音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins



(RIGHT) SUGAR FOOT, CROSSING SHUFFLE, (LEFT) SUGAR FOOT, CROSSING SHUFFLE

- 1 Touch right toe next to left foot, while swiveling left heel right
- 2 Touch right heel next to left foot, while swiveling left heel left
- 3&4 Cross step right over left foot, slightly step left to side, cross step right over left foot
- 5 Touch left toe next to right foot, while swiveling right heel left
- 6 Touch left heel next to right foot, while swiveling right heel right
- 7&8 Cross step left over right foot, slightly step right to side, cross step left over right foot

Let your body swivel naturally during the sugar foot patterns

KICK & KICK, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (RIGHT), HEEL & HEEL

- 9& Kick right slightly forward, cross hook over left foot
- 10 Kick right slightly forward
- 11 Step back on (ball of) right foot
- &12 Step together on (ball of) left foot, step forward on right foot
- 13 Step left forward
- 14 On (balls of) both feet, pivot ½ turn right
- 15 Tap left heel forward
- &16 Step left together, while tapping right heel forward

& STEP, (LEFT) JAZZ WITH SHUFFLE, (RIGHT) JAZZ WITH SHUFFLE

- &17 Step right together, while cross stepping left foot over right
- 18 Step right backward
- 19&20 Shuffle slightly to left side
- 21 Cross step right over left foot
- 22 Step left backward
- 23&24 Shuffle slightly to right side

¼ (LEFT) HEEL GRIND, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (LEFT), WALK FORWARD

- 25 Tap left heel forward
- 26 Grind heel left turning ¼ turn left
- 27 Step back on (ball of) left foot
- &28 Step together on (ball of) right foot, step forward on left foot
- 29 Step right forward
- 30 On (balls of) both feet, pivot ½ turn left
- 31 Step right forward
- 31 Step left forward

REPEAT
