

Diggin' It!

拍数: 32 墙数: 4 级数:
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音乐: I'm Diggin' It - Alecia Elliott



ROCK, SIDE SHUFFLE, ROCK, ¼ TURN LEFT, FORWARD SHUFFLE

- 1-2 Rock right behind left, rock weight forward onto right
3&4 Side shuffle on right, left, right
5-6 Rock left behind right, rock weight forward onto right making ¼ turn left
7&8 Shuffle forward on left, right, left

HEEL SWITCHES TURNING ¼ RIGHT, STOMP, HEEL SWITCHES, HEEL JACK, STOMP

- 9&10& Touch right heel forward, step right in place, touch left heel forward, step left in place
11&12 Making ¼ turn right touch right heel forward, touch right toe beside left, stomp-up right toe beside left
13&14 Touch right heel forward, step right in place, touch left heel forward
&15 Step back on left, touch right heel diagonally forward (2:00)
&16 Step right in place, stomp left in place

WALK X 3, KNEE-BEND, WALK X 3, KNEE-BEND

- 17-18 Walk forward on right, left
19-20 Walk forward on right, bend knees and then push up strongly through knees as legs are straightened (a smooth, swooping movement). During knee-bends arms are kept at sides, elbows bent at 90 degrees, fists clenched, moving back, down, forward and up as they mirror the swooping movement of the legs
21-22 Walk forward on left, right
23-24 Walk forward on left, bend knees and then push up strongly through knees as legs are straightened (arm movements as at step 20 above)

BACKWARDS SHUFFLE, SCISSOR STEP TURNING ¼ RIGHT, RIGHT VINE, SYNCOPATED TOUCH, STEP

- 25&26 Shuffle backwards on right, left, right
27&28 Step left to left, step right together, make ¼ turn to right and step forward on left
29-30 Step right to right, cross left behind right
31&32 Step right to right, touch left toe beside right, step left to left

REPEAT

TAG

After 2 walls dance the tag twice, after a further 2 walls dance the tag 3 times i.e. 2 walls, 2 tags, 2 walls, 3 tags, dance further walls to end. The tag is only danced on instrumental sections.

- 1&2 Touch right heel forward, step right in place, hook left behind right and slap with right hand
3&4 Touch left toe to left, step left in place, touch right toe to right
5-6 Step right across left, unwind ½ turn left