

# Dance On

拍数: 32      墙数: 4      级数: Improver  
编舞者: Max Perry (USA)  
音乐: Dance On - Rick Tippe



## LEFT SIDE SHUFFLE WITH ½ TURN LEFT, RIGHT SIDE SHUFFLE, ROCK-STEP, ½ TURNING SHUFFLE

- 1&      Side step left on left foot, quickly slide and step right foot beside left foot  
2&      Side step left on left foot (start turn as you step out on left), on ball of left foot quickly turn ½ turn to the left  
3&4      Side step right on right foot, quickly slide and step left foot beside right foot, side step right on right foot  
5-6      Rock step back on left foot, rock forward in place on right foot  
7&8      Step left foot slightly forward as you start to ½ turn to the right, quickly slide and step right foot next to left foot, step left foot to complete ½ turn to the right

## HEEL, HOOK, SHUFFLE FORWARD, HEEL, HOOK, SHUFFLE FORWARD

- 1-2      Touch right heel forward, cross and lift (hook) right foot over left leg, just below the left knee  
3&4      Step forward on the right foot, quickly slide and step left foot beside right foot, step forward on the right foot  
5-6      Touch left heel forward, cross and lift (hook) left foot over right leg, just below the right knee  
7&8      Step forward on the left foot, quickly slide and step right foot beside left foot, step forward on the left foot

## ROCK & KICK, HEEL SPLITS, LEFT SWIVETS, RIGHT SWIVETS

Applejacks may be substituted for swivets

- 1&2      Rock step forward on right foot, quickly rock back in place on left foot, kick right foot forward  
3&4      Step right foot next to left foot, swivel both heels out, swivel both heels in  
5      With weight on right toes and left heel, swivel (twist) toes of both foot to the left  
6      With weight on right toes and left heel, swivel (twist) toes of both feet back home (center)  
7      With weight on left toes and right heel, swivel (twist) toes of both feet to the right  
8      With weight on left toes and right heel, swivel (twist) toes of both feet back home (center)

## RIGHT SIDE SHUFFLE WITH ½ TURN RIGHT, LEFT SIDE SHUFFLE, KICK-BALL-CHANGE, STEP RIGHT FOOT FORWARD AND ¼ PIVOT LEFT, HOOK

- 1&      Side step right on right foot, quickly slide and step left foot beside right foot  
2&      Side step right on right foot, on ball of right foot, quickly turn ½ turn to the right  
3&4      Side step left on left foot, quickly slide and step right foot beside left foot, side step left on left foot  
5&6      Kick right foot forward, step ball of right foot slightly back from left foot, step left foot in place  
7      Step forward on ball of right foot, ¼ turning to the left (weight on right foot)  
8      Cross and lift (hook) left foot over right leg, just below right knee

REPEAT