

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