

# Chomping At The Bit

拍数: 48      墙数: 2      级数:  
编舞者: Larry Bass (USA)  
音乐: If You Just Let Me Into Your Heart - Mary Chapin Carpenter



## KICK-BALL-CHANGES, PIVOTS

- 1            Kick right foot forward
- &2          Step on ball of right foot next to left foot, change weight to left foot in place
- 3&4        Repeat steps 1&2
- 5-6        Step forward right, pivot ½ turn left on balls of both feet (weight on left foot)
- 7-8        Repeat step 5-6

## RIGHT SIDE SHUFFLE, ROCK STEP, LEFT SIDE SHUFFLE, ROCK STEP

- 9            Step right foot to right side
- &10        Step left foot next to right, step right foot to right side
- 11-12     Rock back on left foot, rock forward on right foot
- 13          Step left foot to left side.
- &14        Step right foot next to left foot, step left foot to left side
- 15-16     Rock- back on right foot, rock forward on left

## SYNCOPATED STEP-SLIDES FORWARD

- 17&        Step right foot forward & slide ball of left foot up to right foot
- 18&        Step right foot forward & slide ball of left foot up to right foot
- 19&        Step right foot forward & slide ball of left foot up to right foot
- 20        Step right foot forward (stomp right foot for style)

## PIVOT, SHUFFLE STEPS, PIVOT

- 21-22     Step forward left, pivot ½ turn right on balls of both feet (weight on right foot)
- 23&24     Shuffle forward left-right-left
- 25&26     Shuffle forward right-left-right
- 27-28     Step forward left, pivot ½ turn right on balls of both feet (weight on right foot)

## SHUFFLE, PIVOT TURN

- 29&30     Shuffle forward left-right-left
- 31        Pivot on ball of left foot and step right foot back (beginning full turn left)
- 32        Pivot on ball of right foot, step left foot forward (completing full turn left)

## ROCK STEPS, ¼ TURNS, SHUFFLES

- 33-34     Rock forward on right foot, rock back on left foot making ¼ turn right
- 35&36     Shuffle in place right-left-right
- 37-38     Step forward left, pivot ¼ turn right on balls of both feet (weight to right foot)
- 39&40     Shuffle in place left-right-left

## SYNCOPATED HOPS, CLAPS, OUT-OUT, IN-IN, OUT-OUT, IN-IN

- &            Step right foot forward
- 41-42     Step left foot forward (stay on balls of feet), clap hands
- &            Step right foot back
- 43-44     Step left foot back (stay on balls of feet), clap hands
- &45        Step right foot to right side, step left foot to left side (stay on balls of feet)
- &46        Step right foot in (directly under body), stop left foot next to right
- &47&48    Repeat steps &45&46

REPEAT

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