

# About It

拍数: 44      墙数: 4      级数: Beginner  
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音乐: About the South - Rodney Atkins



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## TOE HEEL TAPS, SHUFFLE, ROCK STEP

1-2      Touch right toe right, heel drop down  
3-4      Touch left toe across right foot, heel drop down  
5&6      Right foot to right, left foot next to right foot, right foot right  
7-8      Left foot behind right foot (5 position), weight back on right

## TOE HEEL TAPS, SHUFFLE, ROCK STEP

9-16      Repeat 1-8 opposite

## ROCK STEP, CROSS SHUFFLE

1-2      Rock right to right side, recover weight onto left  
3&4      Step right across left, step left to side, step right across left  
5-8      Repeat 1-4 opposite

## TRAVELING TOE HEEL SWIVELS, SHUFFLE, ROCK STEP

1      Swiveling left heel to the right, touch right toe next to left foot  
2      Swiveling left toe to the right, touch right heel next to left foot  
3-4      Repeat 1-2  
5&6      Step right foot forward, left foot next to right foot, right foot forward  
7-8      Step left in front right foot (3. Position), rock back on right foot

## STEP, TURN, SHUFFLE, ROCK STEP, STEP, TURN

1-2      Step back left foot,  $\frac{1}{4}$  turn (9:00)  
3&4      Step right foot forward, left foot next to right foot, right foot forward  
5-6      Step left in front right foot (3rd position), rock back on right foot  
7-8      Step back left foot,  $\frac{1}{2}$  turn (3:00)

## JUMP, HIP ROLL

&1      Jump forward (feet shoulder width apart)  
2-4      Hip roll (weight ends on left)

## REPEAT

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