

# Dont Sweat It!

拍数: 32                      墙数: 4                      级数: Intermediate

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音乐: If You're Going Through Hell (Before the Devil Even Knows) - Rodney Atkins :  
(CD: If You're Going Through Hell)



## (RIGHT) SUGAR FOOT, CROSSING SHUFFLE, (LEFT) SUGAR FOOT, CROSSING SHUFFLE

- 1                      Touch right toe next to left foot, while swiveling left heel right
- 2                      Touch right heel next to left foot, while swiveling left heel left
- 3&4                      Cross step right over left foot, slightly step left to side, cross step right over left foot
- 5                      Touch left toe next to right foot, while swiveling right heel left
- 6                      Touch left heel next to right foot, while swiveling right heel right
- 7&8                      Cross step left over right foot, slightly step right to side, cross step left over right foot

Let your body swivel naturally during the sugar foot patterns

## KICK & KICK, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (RIGHT), HEEL & HEEL

- 9&                      Kick right slightly forward, cross hook over left foot
- 10                      Kick right slightly forward
- 11                      Step back on (ball of) right foot
- &12                      Step together on (ball of) left foot, step forward on right foot
- 13                      Step left forward
- 14                      On (balls of) both feet, pivot ½ turn right
- 15                      Tap left heel forward
- &16                      Step left together, while tapping right heel forward

## & STEP, (LEFT) JAZZ WITH SHUFFLE, (RIGHT) JAZZ WITH SHUFFLE

- &17                      Step right together, while cross stepping left foot over right
- 18                      Step right backward
- 19&20                      Shuffle slightly to left side
- 21                      Cross step right over left foot
- 22                      Step left backward
- 23&24                      Shuffle slightly to right side

## ¼ (LEFT) HEEL GRIND, COASTER STEP, STEP FORWARD, ½ PIVOT TURN (LEFT), WALK FORWARD

- 25                      Tap left heel forward
- 26                      Grind heel left turning ¼ turn left
- 27                      Step back on (ball of) left foot
- &28                      Step together on (ball of) right foot, step forward on left foot
- 29                      Step right forward
- 30                      On (balls of) both feet, pivot ½ turn left
- 31                      Step right forward
- 31                      Step left forward

## REPEAT

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