Sock It! (aka Zip It!)



编舞者: Glynn Rodgers (UK)

音乐: Shut Up - Black Eyed Peas



1&2: Rock back onto right foot, recover weight onto left, point right toe to right side. 3-4: On ball of left make 1/2 turn right, stepping right beside left. Touch left to left side. 5&6: Cross left over right. Step diagonally back right on right. Touch left heel diagonally forward left. 7&8: Cross right over left. Step diagonally back left on left. Touch right heel diagonally forward right.

Cross, Point, Cross, Point, Jazz Box Turn, Touch.

&1: Step right in-place, cross left over right. 2: Point right toe to right side. 3-4: Cross right over left, point left to left side. 5-6: Cross left over right, step back right turning 1/4 left. 7-8: Step left to left side, touch right beside left.

Rock & Touch, Coaster Step, Lock Step, Cross, Side. 1&2: Rock back onto right, recover weight onto left, touch right beside left. 3&4: Step back right, close left to right, step forward right. 5&6: Step forward left, cross right behind left, step forward left. 7-8: Cross right over left, step left to left side.

Behind, Point, Cross Shuffle, Turn, Turn, Mambo Touch. 1-2: Step right behind left, point left to left side. 3&4: Cross left over right, close right to left, cross left over right. 5-6: Step back right turning 1/4 left, step forward left turning 1/4 left. 7&8: Rock right to right side, recover weight onto left, touch right beside left.