

Gonna Take

拍数: 64 墙数: 4 级数: High Improver
编舞者: GYTAL (USA) - August 2009
音乐: Gonna Take A Lot Of River - Country Dance Kings



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R touch Out, In, Out, Hold, R Sailor Hold

1-4 Touch R toe to R side, touch R toe to R instep, Touch R toe to R side Hold
5-8 Cross R behind L, Step L to L, step R to R, Hold

Slow Applejacks R, L., R coaster, hitch L. while Scooting Back on R.

9-10 Swing L heel to R instep while swinging R toe To R side, bring both back to center
11-12 Swing R toe to L instep while swinging L toe to R, back both to center weight on L

Variation for 9-12 Swing both heels to L, Bring both to center, swing both heels to R, bring to center keeping weight on L

13-15 Step Back on R, step back on L, Step R forward
16 Hitch L while Scooting back on R

Step L, Hitch R Scoot back on L, Step R Hitch L Scoot back on R, L Coaster hold

17-18 Step back on L, hitching R scooting back on L
19-20 Step Back on R hitching L scooting back on R
21-24 Step back on L, step R back next to L, step L forward, Hold

Step forward on R diagonal while Bumping hips R, hold, Bump hips L, hold, Bump R, L, R Hold

25-28 Step R foot forward on Right diagonal while Bumping hips forward(25) , hold(26), Bump hips Back(27) , hold(28)
29-32 Bump Hips Forward (29), Back(30) , forward (31), Hold (32)with weight remaining on R

L Toe Heel Back, R Toe Heel back, L Coaster, Hitch R,

33-34 Step Back L. toe heel
35-36 Step back R toe Heel
37-40 Step Back on L, step R back next to L, step L forward, Hitch R

Cross step R toe heel over L, Step Toe Heel Back on L turning ¼ to R, Side, together, side to R (R,L,R) Hold

41-42 Step cross R Toe over L, step down on heel,
43-44 Step back on L toe, step down on L heel turning 1/4 to R
45-48 Step R to R, step L to R, Step R to R hold

L Touch Out, In, Out, Hold, L sailor Hold

49-52 Touch L to L, touch L to R instep, touch L to L. Hold
51 -56 Step L behind R, step R to R, step L next to R. Hold

Step R Heel forward turn ½, step R touch L clap, step L touch R clap

57-58 Step R heel Forward, Hold
59-60 Turn ½ to L, hold
61-62 Step R to R, touch L to R instep Clap
63-64 Step L to L, touch R to L instep Clap

REPEAT