Enjoy Yourself

拍数: 32   **墙数:** 2   **级数:** Upper Beginner

编舞者: Rob Everett (USA) - April 2012

音乐: Enjoy Yourself - Billy Currington

Alt:- "All Day Long" by Billy Currington, or any slow to medium cha-cha

Heel, Cross, Right Side Shuffle, Heel, Cross, Left Side Shuffle

1	Touch right heel to the front
2	Cross right foot over left foot
3&4	Step right foot to the right side (on 3), step left foot beside right foot (on &), step right foot to the right side (on 4)
5	Touch left heel to the front
6	Cross left foot over right foot
7&8	Step left foot to the left side (on 7), step right foot beside left foot (on &), step left foot to the left side (on 8)

Ball Step Forward, Heel Swivels with a ¼ Turn, Sailor Shuffle, Sailor Shuffle

1	Step the ball of the right foot to the front
2	On the balls of both feet, swivel ¼ turn to the right
3	On the balls of both feet, swivel ¼ turn to the left
4	On the balls of both feet, swivel ¼ turn to the right (and lower both heels to the floor)
5&6	Cross and step left foot behind right foot (on 5), step right foot slightly to the right (on &), step left foot beside right foot at shoulder width (on 6)
7&8	Cross and step right foot behind left foot (on 7), step left foot slightly to the left (on &), step right foot beside left foot at shoulder width (on 8)

Shuffle Steps, Shuffle Steps, Shuffle Steps, Pivot ½ Turn

1&2	Shuffle Steps (L-R-L), Moving Forward
3&4	Shuffle Steps (R-L-R), Moving Forward
5&6	Shuffle Steps (L-R-L), Moving Forward
7	Step right foot forward
8	Pivot ½ turn to the left, shifting weight forward to the left foot

Shuffle Steps, Heel, Cross, Ball Step Forward, Heel Bounces with a ¼ Turn

1&2	Shuffle steps (r-l-r), moving forward
3	Touch left heel to the front
4	Cross left foot over right foot
5	Step the ball of the left foot to the front
6,7,8	On the balls of both feet, bounce the heels three times while turning to complete a ¼ turn to the right

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