

My List

拍数: 152 墙数: 2 级数: Phrased Intermediate
编舞者: Dwight Birkjær (DK) - June 2013
音乐: My List - Toby Keith



Intro 32 count - Sequence: A, A36, B, A, A36, B, Tag, B, A24

A - 64 counts

Toe tap, Scuff, Cross, Flick, Jump cross rock kick, Bruch back

- 1-4 Tap R Toe, scuff R heel, Cross R over L, Flick L behind R
5-8 Jump back on L kick R, Jump recover R flick L, Jump back L kick R, Bruch back R

Toe strut, Back rock, Step, Stomp, Kick, Kick

- 1-4 Touch R toe back, step down R heel, rock back L, recover R
5-8 Step fwd. L, Stomp R, Kick R twice

Side rock Cross, Hold, Toe, Scuff, Cross, Hold

- 1-4 Rock R to side, Recover L, Cross R across L, Hold
5-8 Tap L toe, Scuff L heel, Cross L across R, Hold

Side Rock cross Hold, Side, ½ Turn, Stomp, Scuff

- 1-4 Rock R to side, Recover L, Cross R across L, Hold
5-8 Step L to side, ½ turn right stepping R fwd., Stomp L, scuff R

Vine right, Heel Switches R-L

- 1-4 Step R to side, step L behind R, step R to side, Scuff L

****B part on 2nd and 4th walls**

- 5-8 Tap L heel fwd. step L beside R, tap R heel fwd. step R beside L

Vine left, ¼ turn left, Scuff, Step Flick, Back Hook,

- 1-4 Step L to side, step R behind L, ¼ turn left stepping L fwd., Scuff R
5-8 Step R fwd. stomp L behind R, step back L hook R across L

Lock steps, Hold, ½ turn right, Spiral ¾ turns right, Kick

- 1-4 Step R fwd. lock L behind R, step fwd. R, Hold
5-8 Step L fwd. ½ turn right, step L fwd. ¾ turn right hooking R across L kick R

Jump Back rock kick, Stomp, Stomp, Back Rock kick, Stomp, Stomp

- 1-4 Jump back R kick L, stomp R, hold
5-8 Jump back L kick R, stomp L, hold

B - 88 counts

Kick L, Jazz box, jazz box ½ turn right, Scuff

- 1-4 Kick L, step L across R, step back R, step L to side
5-8 Step R across L, step back L, ½ turn right stepping R fwd. scuff L

Kick L, Jazz box, Jazz box, Stomp L

- 1-4 Kick L, step L across R, step back R, step L to side,
5-8 step R across L, step back L, step R to side, stomp L

Vine right, Vine left

- 1-4 Step R to side, step L behind, step R to side, scuff L
5-8 Step L to side, step R behind L, step L to side, scuff R

Step touch, Back Kick, Jump Jazz box ½ turn left

- 1-4 Step R fwd., touch L behind R, step back L, kick R
5-8 Jump R back across L, jump back L kick R, ½ turn left kick L recover R, recover L

Kick R, jazz box, jazz box ½ left, Scuff

- 1-4 Kick R, step R across L, step back L, step R to side
5-8 Step L across R, step back R, ½ turn left stepping L fwd. scuff R

Kick R, Jazz box, Jazz box, Stomp R

- 1-4 Kick R, step R across L, step back L, step R to side,
5-8 step L across R, step back R, step L to side, stomp R

Vine left, Vine right

- 1-4 Step L to side, step R behind, step L to side, scuff R
5-8 Step R to side, step L behind R, step R to side, scuff L

Step touch, Back kick, Jump jazz box ½ turn right

- 1-4 Step L fwd., touch R behind L, step back R, kick L
5-8 Jump L back across R, jump back R kick L, ½ turn right kick R recover L, recover R

Toe strut ½ turn right X2, Rock step, Step, Hold

- 1-4 ½ turn right touching L toe, down L heel, ½ turn right touching R toe, down R heel
5-8 Rock fwd. L, recover R, step L, hold

Toe strut ½ turn right X2, Jump. Back rock kick, Stomp, Stomp

- 1-4 ½ turn right touching R toe, down R heel, ½ turn right touching L toe, down L heel
5-8 Jump back R kick L, recover L, stomp up R, stomp up R

Jazz box ½ turn right, Jazz box, Hold

- 1-4 Step R across L, step back L, ½ turn right stepping R fwd., scuff L
5-8 Step L across R, step back R, step L to side, Hold

Tag 16 Count after second B part**Kick R, jazz box, jazz box ½ left, Scuff R**

- 1-4 Kick R, step R across L, step back L, step R to side
5-8 Step L across R, step back R, ½ turn left stepping L fwd. scuff R

Kick R, jazz box, jazz box ½ left, Stomp R

- 1-4 Kick R, step R across L, step back L, step R to side
5-8 Step L across R, step back R, ½ turn left stepping L fwd. stomp R

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