

# 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

Contact: [dwightgoldwing@gmail.com](mailto:dwrightgoldwing@gmail.com)

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