

That's It!

拍数: 48 墙数: 4 级数: Improver
编舞者: Pat Stott (UK) - October 2013
音乐: That's It, I Quit, I'm Movin' On - Guy Sebastian : (Album: The Memphis Album)



Intro 16 beats (approx 8 seconds) 2 restarts, 1 repeat

Heel, behind, side, cross, heel, behind, side, cross, side, recover

1-2 Step on right heel to right, cross left behind right
&3 Right to right, cross left over right
4-5 Step on right heel to right, cross left behind right
&6 Right to right, cross left over right
7-8 Rock right to right, recover on to left

Cross shuffle, turn 1/4 right stepping back on left , turn 1/4 right stepping right to right, cross left over right, turn 1/4 left stepping back on right, turn 1/2 left stepping forward on left, forward on right

1&2 Cross right over left, left to left, cross right over left
3-4 Turn 1/4 right stepping back on left, turn 1/4 right stepping right to right
5-6 Cross left over right, turn 1/4 left stepping back on right
7-8 Turn 1/2 left stepping forward on left, step forward on right

Forward, recover, back, point, hold, 1/2 turn right, point to left, hitch, chasse left

1-2 Rock forward on left, recover onto right
&3,4 Jump back onto left, point right toe to right, hold
& 5 Turn 1/2 to right closing right to left (Monterey), point left to left
6 Hitch left foot with knee turned in to right leg
7&8 Step left to left, close right to left, step left to left

Cross, recover, side, cross, recover, 1/4 turn , paddle 1/8, paddle 1/8

1-3 Cross right over left, recover on left, step right to right
4-6 Cross left over right, recover on right, turn 1/4 left stepping forward on left

(Hitching right foot up in preparation for the paddles)

7-8 Touch right to right paddle turning 1/8 to left, touch right to right paddle Turning 1/8 to left

(* Restart here during walls 3 and 5

Step right to right, stomp left, stomp right, hold 2 beats, elvis knees - left then right, hold

1-3 Step right to right, stomp left to left - left hand to left side with palm facing down, stomp right to right (feet apart)- right hand to right with palm facing down
4-5 Hold, hold
6-7 Turn left knee in, turn right knee in
8 Hold

Step right, shimmy, tap, clap, step left, full rolling vine to left, tap, clap

1-4 Step large step to right, drag left towards right (shimmy shoulders), tap left Next to right, clap
5-8 Full Rolling vine to left, tap right next to left **

***After 32 counts on walls 3 and 5 restart**

****End of wall 6 wall repeat steps 33-48 before starting dance again**

Ending: Rolling vine 1 1/4 left to face front, stomp forward on right Taa Daa!!

