All Goin' To Pot

級數: Beginner

編舞者: Lynn Card (USA) - May 2015

音樂: It's All Going to Pot - Willie Nelson & Merle Haggard

(1 - 8) STEP R TO SIDE, TOUCH L, STEP L TO SIDE, TOUCH R. 1/4 TURN STEP R TO SIDE, TOUCH L, STEP L TO SIDE, TOUCH R

1,2,3,4 Step R to right side (1), Touch L next to R (2), Step L to left side (3), Touch R next to L (4)

5,6,7,8 1/4 Turn to left stepping R to right side (5), Touch L next to R (6), Step L to left side (7), Touch R next to L (8)

(9 – 16) STEP R TO SIDE, FLICK L BEHIND R/SLAP FOOT, STEP L TO SIDE, FLICK R BEHIND L/SLAP FOOT, STEP R TO RIGHT, TOUCH L HEEL FORWARD, STEP L NEXT TO R, TOUCH RIGHT HEEL FORWARD

1,2,3,4Step R to right side (1), Flick L leg behind R and slap your L foot with your R hand (2), Step L
to left side (3), Flick R leg behind L and slap your R foot with your L hand (4)

5,6,7,8 Step R next to L (5), Touch L heel forward (6), Step L next to R (7), Touch R heel forward (8)

(17 – 24) TOUCH R, HITCH/SLAP X 2 ON RIGHT. STEP R, HITCH/SLAP ON LEFT, TOUCH L, HITCH/SLAP ON LEFT

- 1,2,3,4 Touch ball of R next to L (1), Hitch R and slap top of R thigh with R hand (2), Touch ball of R next to L (3), Hitch R and slap top of R thigh with R hand (4)
- 5,6,7,8 Step R next to L (1), Hitch L and slap top of L thigh with L hand (2), Touch ball of L next to R (3) Hitch L and slap top of L thigh with L hand (4)

(25 32) STEP L FORWARD, STEP R FORWARD, STEP L FORWARD, STEP R FORWARD, STOMP L, STOMP/STEP L

1,2,3,4 Step L forward (1), Hold, Step R forward (2), Step R forward (3), Hold (4)

5,6,7,8 Step L forward (5), Step R next to L (6), Stomp L next to R (7), Stomp/step L next to R (8) (Stomp step means that as you stomp you are also stepping to take weight on that foot)

Tag: 4 Counts

After Wall 2 facing 6 o'clock

After Wall 8 facing 12 o'clock

1,2,3,4 Step R to right side (1), Touch L next to R (2), Step L to left side (3) Touch R next to L (4)

Ending: The dance will end with L heel forward, weight on your R.

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拍數: 32

牆數:4