

Going 2 Pot

拍數: 64 牆數: 2 級數: Improver
編舞者: Norman Gifford (USA) - May 2015
音樂: It's All Going to Pot - Willie Nelson & Merle Haggard



S1: (Lock-step forward, brush, mambo step, hold)

1-4 Left step forward; right lock behind; left step forward; right brush forward
5-8 Right rock forward; left replace back; right step back; hold

S2: (Toe-struts back, coaster-cross, hold)

1-4 Left toe touch back; take weight; right toe touch back, take weight
5-8 Left step back; right together; left crossover; hold

S3: (Weave right, scissor-step, hold)

1-4 Right step side; left behind; right step side; left crossover
5-8 Right step side; left step back; right crossover; hold

S4: (Weave left, scissor-step, hold)

1-4 Left step side; right behind; left step side; right crossover
5-8 Left step side; right step back; left crossover; hold

S5: (K-step, brush)

1-4 Right step forward diagonal; left touch by right w/clap; left step back diagonal; right touch by left w/clap
5-8 Right step back diagonal; left touch by right w/clap; left step forward diagonal; right brush w/clap

S6: (Half-speed pivot turn left, pivot turn ¼ left, crossover, hold)

1-4 Right step forward; hold; pivot turn ½ left; hold [6:00]
5-8 Right step forward; pivot turn ¼ left; right crossover; hold [3:00] ENDING: >||

S7: (Scissor-step, hold, 3/4 spin-turn left, steps forward, brush)

1-4 Left step side; right step back; left crossover; hold
5-8 Right step side in spin turn 3/4 left; left step forward; right step forward; left brush [6:00]

S8: ("T-Step" turns)

1-2 Left step forward; swivel turn ¼ right touching right toe by left [9:00]
3-4 Right step in 3rd position turning ¼ right; left brush forward [12:00]
5-6 Left step forward; swivel turn ¼ right touching right toe by left [3:00]
7-8 Right step in 3rd position turning ¼ right; left brush forward [6:00] ***

BEGIN AGAIN

TAG: □*** □(Done only at the end of wall #1 facing 6:00, and at the end of wall #4 facing 12:00)
(Rocking-chair)

1-4 Left rock forward; right replace back; left rock back; right replace forward

ENDING: >||

5-8 Right step forward; pivot turn ½ left; right step forward; hold

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Last Update on site – 31st Aug 2015

