

Go For It

拍數: 64 牆數: 2 級數: Intermediate
編舞者: Dee Musk (UK) - March 2016
音樂: Up All Night - Lionel Richie : (Album: Coming Home.)



#12 Count Intro – Approx 6 seconds - Track Approx 3 mins 35 secs. BPM 100 (approx).
Track available from [iTunes.co.uk deemusk@btinternet.com](https://www.itunes.co.uk/deemusk@btinternet.com) Dee – 07814 295470

Out In, Kick Ball Step, Heel Twist, & Right Dorothy, Step ½ Turn Right.

1&2&3 Touch R out, touch R in, kick R forward, step R beside L, step forward on L.
&4 Twist both heels L, twist both heels centre (weight on R).
&5,6& Step L beside R, step forward on R, lock L behind R, step forward on R.
7,8 Step forward on L, make a ½ turn R (weight forward on R). (6 o'clock).

¼ Cross Right, ¾ Turn Right, ¼ Cross Right, Out Out Cross, ½ Turn Left Point.

&1 Make a ¼ turn R stepping L to L side, cross R over L.
2,3 Make a ¼ turn R stepping back on L, make a ½ turn R stepping forward on R.
&4 Make a ¼ turn R stepping L to L side, cross R over L. (facing 9 o'clock).
&5,6 Step L out, step R out, cross L over R.
7&8 Make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side, point R to R side. (3 o'clock).

Step Side, Back Rock Side Cross, ¼ Turn Left, Step Heel Bounce, Step Heel Bounce.

&1 Step R beside L, step L to L side.
2&3& Cross rock R behind L, recover weight to L, step R to R side, cross L over R.
4 Make a ¼ turn L stepping back on R.
5&6 Step back on L, lift both heels, lower both heels placing weight on L.
7&8 Step back on R, lift both heels, lower both heels placing weight on R.

(Optional: Add shoulder shrugs for extra expression with the heels bounces). (12 o'clock).

Step Right Dorothy, Step Left Dorothy, Step ½ Pivot Left, Out, Out, In, In.

&1,2& Step L beside R, step forward on R, lock L behind R, step forward on R.
3,4& Step forward on L, lock R behind L, step forward on L.
5,6 Step forward on R, make a ½ pivot turn L.
7&8& Step out R, step out L, step in R, step in L. (6 o'clock).

****Restart here during wall one. Begin again facing 6 o'clock wall.**

Press Sweep, Sailor Step, Tap Side Cross, Rock & Cross.

1,2 Press R forward, recover sweeping R to behind L.
3&4 Cross step R behind L, step L in place, step R in place.
&5,6 Tap L beside R, step L to L side, cross R over L.
7&8 Rock L to L side, recover weight to R, cross L over R. □ (6 o'clock).

Step Cross, ½ Turn Right Cross, Point & Side Together, Cross, Sway L, R, Together, ¼ Turn Right.

&1,2 Step R to R side, cross L over R, make a ½ turn R crossing R over L.
3&4& Point L to L side, step L beside R, step R to R side, step L beside R.
5-7 Cross R over L, sway L, sway R.
&8 Step L beside R, make a ¼ turn R stepping forward on R. (3 o'clock).

Full Spiral Turn R, Step, Rock Recover &, Step ¾ Turn Left, Side Rock Step.

1,2 Step forward on L and unwind a full turn R hooking R in front of L, step down on R.
3,4& Rock forward on L, recover weight to R, step L beside R.
5,6 Step forward on R, unwind a ¾ turn L.

7,8& Rock R to R side, recover weight to L, step R beside L. □ (6 o'clock).

Side Rock &, Side, Cross, Back Side Cross, Out In, Kick Step.

1,2& Rock L to L side, recover weight to R, step L beside R.

3,4 Step R to R side, cross L over R.

5&6 Step back on R, step L to L side, cross R over L.

7&8& Touch L out, touch L in, kick L forward, step L beside R. (6 o'clock).

Ta Dah – Hope you enjoy
