

Settle Down

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Brandi Hughes (CAN) - July 2016
音樂: Found - Dan Davidson : (iTunes, amazon)



Dance Starts on Lyrics after fiddle begins playing (Intro approx 27s)

Sec 1. Heel, Hook, Forward Shuffle, Toe/Heel Taps

- 1-2 Tap Right heel forward (1), Hook Right heel over left shin (2)
3&4 Step Right foot forward (3), Step Left foot up beside right (&), Step Right foot forward (4)
5&6& Tap Left toe back (5), Step Left foot beside right (&), Tap Right heel forward (6), Step Right foot beside left (&)
7&8 Tap Left toe back (7), Step Left foot beside right (&), Tap Right heel forward (8)

Sec 2. 1/4 Sailor Step, Pony Shuffles, Out/Out, In/In

- 1&2 Swing Right foot around and behind left (1), Step ¼ turn right on left foot (3:00) (&), Step Right foot beside left (2)
3&4 Step Left slightly forward facing (4:00) (3), Step Right beside Left (&), Step Left in place (3:00) (4)
5&6 Step Right slightly forward facing (1:00) (5), Step Left beside right (&), Step Right in place (3:00) (6)
&7&8& Step Left heel forward and out (&), Step Right heel forward and out (7), Step Left foot back to center (&), Step Right foot back to center (8), Step Left beside right (&)

Sec 3. Sugar Foot, Coaster, Out/Out, In/In, Kick (x2)

- 1&2 Turn Right knee in touching toe down (1), Turn Right foot out and tap heel (&), Cross Right foot over Left (2)
3&4 Step Left foot back (3), Step Right foot beside left (&), Step Left foot forward (4)
&5&6 Step Right foot forward and slightly out (&), Step Left foot forward and slightly out (5), Step Right foot back to center (&), Step Left foot back to center (6)
7-8 Kick right foot forward (7), Kick right foot forward (8)

Sec 4. Rock, Recover, Lock Step Back, ½ Turn Point & Point

- 1-2 Step Right foot forward (1), Recover weight back onto left (2)
3&4& Step Right foot back (3), Step Left back across right (&), Step Right foot back (4), Step left beside right (&)
5&6& Point right foot to right side (5), Step Right beside Left making ¼ turn right (6:00) (&), Point Left foot to left side (6), Step left beside right (&)
7&8& Point right foot to right side (7), Step Right beside Left making ¼ turn right (9:00) (&), Point Left foot to left side (8), Step left beside right (&)

Start Again!