

Keep On Sittin'

拍數: 48 牆數: 4 級數: Beginner +
編舞者: Christiane FAVILLIER (FR) - March 2017
音樂: Keep on Sittin' on It All the Time - Band of Oz : (Album: Let it Roll)



Music Intro: 16 counts - No Tag, No Restart -

[1 to 8]- R KICK BALL CROSS (X2) - R ROCK SIDE - CROSS SHUFFLE

1 & 2 Throw right leg forward, bring the right foot to the right, cross the leg in front of the right
3 & 4 Throw right leg forward, bring the right foot to the right, cross the leg in front of the right
5 6 Step right to right side (with weight) and step back on left
7 & 8 Cross right over left, step left to side, cross right over left

[9 to 16] - L KICK BALL CROSS (X2) - ROCK SIDE - CROSS SHUFFLE

1 & 2 Throw leg forward on left, bring left to right side, cross leg next to left
3 & 4 Throw leg forward on left, bring left foot to right, cross leg in front of left
5 6 Lay left PG (with weight) and step back on right
7 & 8 Cross left over right, step right to side, cross left over right

[17 to 24] - KICKS X2 - POINT BACK & RETURN - KICKS (X2) POINT BACK & RETURN

1 2 Throw the leg in front of twice
3 4 Step right behind right (with weight) and step back on left
5 6 Throw leg in front of twice
7 8 Step left behind left (with weight) and step back on right

The last steps of the dance is the 24th time (you are facing 3H)
forward RF (1) and rotate 1/4 turn to L (2) to find you at 12H! Thank you

[25 to 32] -1/4 STEP TURN R (X2) - R TRIPLE STEP & L TRIPLE STEP FORWARD

1 2 Step forward and pivot 1/4 turn to left (9H)
3 4 Step forward on right and pivot 1/4 turn to left (6H)
5 & 6 Step forward, step back on right, step forward
7 & 8 Step forward on left, step right behind left, step forward

[33 to 40] -1/4 PIVOT TURN R & TOUCH, CLAP- ¼ PIVOT TURN L & TOUCH, CLAP, R VINE WITH L SCUFF

1 2 Make ¼ turn at R (9H) and step right to right side, touch right toe to right side (touch hands)
3 4 Make ¼ turn left (6H) and step left to left side, touch right next to left (touch hands)
5678 Step right to right side, cross left behind right, step right to right side, rub left heel forward

[40 to 48] -L VINE WITH ¼ TURN L & R SCUFF - R JAZZBOX & TOGETHER

1234 Step left to left side, cross right behind left, pivot 1/4 turn to left (3H) step left to left side, heel
D on the ground
5678 Cross right over left, step back on left, step right to right side, step right next to right

Christiane.favillier@hotmail.com
All scripts on my site :
<http://christianefavillie.wixsite.com/angie>