

Lookin' At Me

拍數: 32 牆數: 4 級數: Improver
編舞者: Vanessa Johnston (CAN) - February 2019
音樂: Keep On - Eric Church



Intro: 24 counts, start with the lyrics. Weight starts on left foot.

#8 count Tag at the end of walls 2 & 4

Toe-Heel-Step, Heel Jack (x2)

1&2 Touch Right toe beside Left (1), Touch Right heel in front (&), Step onto Right (2)
&3&4 Quickly Step onto Left foot (&) and kick (or touch) Right heel forward (3), quickly Step onto Right foot (&) and touch Left toe beside Right (4)
5&6 Touch Left toe beside Right (5), Touch Left heel in front (&), Step onto Left (6)
&7&8 Quickly Step onto Right foot (&) and kick (or touch) Left heel forward (7), quickly Step onto Left foot (&) and touch Right toe beside Left (8)

Hip bumps Right, Mambo ½ Turn Left (L,R,L), Shuffle ½ Turn Left (R,L,R), Coaster step (L,R,L)

1,2 Stepping onto your right foot, Bump Hips to the Right twice (1, 2)
3&4 * Rock forward onto Left (3), recover onto Right (&), make a ½ turn over your left shoulder stepping forward onto Left (4) (end up facing 6 o'clock)
5&6 * Step back onto Right making a ¼ turn Left (5), Step Left beside to Right (&), Step back onto Right making another ¼ turn Left (6) (now back facing 12 o'clock)
7&8 Step back onto Left foot (7), Step beside onto Right foot (&), Step forward onto Left foot (8)
****Easier option without turns – 3&4 do a regular mambo step (Left forward, recover onto Right, Left beside Right), then 5&6 do a regular shuffle back (Left back, Right beside, Left back)**

Out-in-out, Behind Side Cross, Rock Recover ¼ Turn Right, Lock step forward (R,L,R)

1&2 Touch Right toe out to the side (1), touch Right toe beside Left (&) and touch Right toe back out to the side (2)
3&4 Step Right foot behind Left (3), Step Left foot to Left side (&), Cross step Right foot in front of Left
5&6 Side Rock onto Left Foot (5), Recover onto Right foot (&) making a ¼ turn over your right shoulder, Step forward onto Left foot (6) (end up facing 3 o'clock)
7&8 Step forward on Right foot (7), Lock step Left foot behind Right (&), Step forward onto Right (8)

Mambo ½ Turn Left, Shuffle ½ Turn Left (R,L,R), Coaster step (L,R,L), Sway x2 (R,L)

1&2 * Rock forward onto Left (1), recover onto Right (&), make a ½ turn over your left shoulder stepping forward onto Left (2) (end up facing 9 o'clock)
3&4 * Step back onto Right making a ¼ turn Left (3), Step Left beside to Right (&), Step back onto Right making another ¼ turn Left (4) (now back facing 3 o'clock)
5&6 Step back onto Left foot (5), Step beside onto Right foot (&), Step forward onto Left foot (6)
7, 8 Sway hips 2 times, Right (7) then Left (8) (end with weight on Left foot)
****Easier option without turns – 1&2 do a regular mambo step (Left forward, recover onto Right, Left beside Right), then 3&4 do a regular shuffle back (Left back, Right beside, Left back)**

#Tag: 8 counts, done at the end of walls 2 and 4:

Toe-Heel-Step x2, Heel Switches, Dip Down & Up

1&2 Touch Right toe beside Left (1), Touch Right heel in front (&), Step onto Right (2)
3&4 Touch Left toe beside Right (3), Touch Left heel in front (&), Step onto Left (4)
5&6& Touch Right heel forward (5), Quickly step on Right (&), Touch Left heel forward (6) and Quickly step Left foot together beside Right (&)

7, 8 With weight even on both feet, Dip Down bending your knees (7), straighten knees to stand back up (8) (make sure your weight ends up more on your Left foot so you are ready to start the dance again)

Finishing the Dance:

On the last wall, which will be wall 7, you will dance **ONLY** the first 12 counts of the dance. As you finish the mambo ½ turn over your left shoulder you will be back facing 12 o'clock to finish the dance exactly as the song ends.

Contact countrysoulinedance@gmail.com with any questions!

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