

It Is What It Is

拍數: 64 牆數: 2 級數: Phrased Beginner
編舞者: Debby McMullen (USA) - August 2019
音樂: It Is What It Is - Miriam Pico : (Album: Somewhere Only We Know by Pico & Chown)



Dance begins immediately. - Pattern - AA BA BA BB

PATTERN A: 48 counts

SUGAR FOOT, RIGHT & LEFT

1-2 Weight on left foot, point right toe to floor, point right heel to floor
3&4 Right, left, right
5-6 Weight on right foot, point left toe to floor, point left heel to floor 7&8 Left, right, left

RIGHT WEAVE, CROSSOVER WITH SCISSORS, HOLD

1-2 Step right side, cross left behind right
3-4 Step right side, cross left foot over right
5-6 Step right side, cross left behind right
7-8 Cross right foot over left, hold

LEFT WEAVE, CROSSOVER WITH SCISSORS, HOLD

1-2 Step left side, cross right behind left
3-4 Step left side, cross right foot over left
5-6 Step left side, cross right behind left
7-8 Cross left foot over right, hold

RIGHT CHASSE, LEFT ROCK BACK/RECOVER, LEFT ROCK FORWARD & BACK

1&2 Step right to right side, step left together, step right to right side
3-4 Rock back on left, recover to right
5-6 Rock left forward, recover to right
7-8 Rock left back, recover to right

LEFT CHASSE, RIGHT ROCK BACK/RECOVER, RIGHT ROCK FORWARD & BACK

1&2 Step left to left side, step right together, step left to left side
3-4 Rock back on right, recover to left
5-6 Rock right forward, recover to left
7-8 Rock right back, recover to left

TWO MONTEREY QUARTER TURNS TO FACE REAR WALL

1-2 Touch right foot to right side, turn right foot $\frac{1}{4}$ right & step on right foot
3-4 Touch left foot to left side, step on left foot to face right wall
5-6 Touch right foot to right side, turn right foot $\frac{1}{4}$ right & step on right foot
7-8 Touch left foot to left side, step on left foot to face rear wall

PATTERN B: 64 counts

ADD 16 COUNTS BELOW AT END OF PATTERN A:

ROCK FORWARD/RECOVER, STEP, KNEE UP & CLAP! R & L (Move named "SQUASH A BUG")

1-2 Rock right forward, recover to left by my granddaughter!
3-4 Step right to right side, left knee up & Clap!
5-6 Rock left forward, recover to right
7-8 Step left to left side, right knee up & Clap!

REPEAT ABOVE 1-8

Note -As music slows at end, do just first set of 8 counts of PATTERN B. Finish with step touches & BOTH right hand & left hand wave flourishes. Throughout the dance, use arms with flair, as in Puerto Rican dances.

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