

Tight Grip

拍數: 32 牆數: 2 級數: High Beginner
編舞者: Juanita Henson (USA) - December 2019
音樂: Jesus Got a Tight Grip - Blake Shelton



Section 1 (1-8) STEP LOCK FORWARD RIGHT AND LEFT, SUGAR FOOT RIGHT AND LEFT.

- 1&2. Step Right foot forward, lock L foot behind R, step R foot forward.
- 3&4. Step Left foot forward, lock R foot behind L, step L foot forward.
- 5&6. Touch R toe next to L instep, touch R heel next to L instep, stomp R forward.
- 7&8. Touch L toe next to R instep, touch L heel next to R instep, stomp L forward.

Section 2 (1-8) SCISSOR RIGHT AND LEFT, EXTENDED RIGHT WEAVE, ROCK RECOVER CROSS.

- 1&2. Step R foot to the right side, step L foot besides the R foot, cross R foot in front of L foot.
- 3&4. Step L foot to the left side, step R foot besides the L foot, cross L foot in front of R foot.
- 5&6&. Step R foot to the right side, step L foot behind R foot, step R foot to right side, step L foot slightly forward.
- 7&8. ROCK R foot out the right, RECOVER to L foot, CROSS R foot in front of L foot.

Section 3 (1-8) SCISSOR LEFT AND RIGHT, EXTENDED LEFT WEAVE, ROCK RECOVER CROSS.

- 1&2. Step L foot to the left side, step R foot besides the L foot, cross L foot in front R foot.
- 3&4. Step R foot to the right side, step L foot besides the R foot, cross R foot in front L foot.
- 5&6&. Step L foot to the left side, step R foot behind the L foot, step L foot to left side, step R foot slightly forward.
- 7&8. ROCK L foot out the left, RECOVER to R foot, CROSS L foot in front of R foot.

Section 4 (1-8) HALF OF REVERSE RHUMBA BOX, LEFT TURNING SAILOR, KICK BALL CROSS X 2.

- 1&2. Step R foot to the right side, step L foot besides the R foot, step back on R foot.
- 3&4. Step L foot behind the R foot, turning left ½, step L, R, L. (Facing 6 o'clock)
- 5&6. Kick R foot forward, step on R foot, cross L foot in front of R foot.
- 7&7. Kick R foot forward, step on R foot, cross L foot in front of R foot.

EASY RESTART: on the 3rd. wall after 8 counts.
(It will be on the 2nd time you face 12 o'clock)

EASY TAG: Just a kick ball cross (1&2) At the END of wall 6th. (you will be facing 6 o'clock)
So at the END of wall 6th just add one more kick ball cross, for a total of 3 kick ball crosses.

Smiles are part of the dance!

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