

So It's Done

拍數: 96 牆數: 2 級數: Phrased Intermediate
編舞者: Yvonne Kramer (CH) - March 2021
音樂: This Is How It's Done - Kiefer Sutherland



Seq: Intro (B16), A, Tag, B, A, Tag, B, A32, Restart, A32, Tag, B, B13

Intro: 32 Count

PART A

Section 1: CHASSE R, CROSS ROCK, CHASSE L, CROSS ROCK

1&2 Step RF to right side, Step LF beside RF, Step RF to right side
3,4 Cross LF over RF, Recover on RF
5&6 Step LF to left side, Step RF beside LF, Step LF to left side
7,8 Cross RF over LF, Recover on LF

Section 2: CHASSE 1/4 TURN R, STEP 1/4 TURN R, CROSS SHUFFLE, SIDE ROCK

1&2 Step RF to right side, Step LF beside RF, 1/4 turn right, Step RF forward
3,4 Step LF forward, Pivot 1/4 turn right
5&6 Cross LF over RF, Step RF beside LF, Cross LF over RF
7,8 Step RF to right side, Recover on LF

Section 3: SAILOR STEP R & L, SHUFFLE FORWARD, CHASSE L

1&2 Cross RF behind LF, Step LF to left side, Recover on RF
3&4 Cross LF behind RF, Step RF to right side, Recover on LF
5&6 Step RF forward, Step LF beside RF, Step RF forward
7&8 Step LF to left side, Step RF beside LF, Step LF to left side

Section 4: SHUFFLE BACKWARD, 2 x HITCH BACK, COASTER STEP, KICK BALL STEP

1&2 Step RF backward, Step LF beside RF, Step RF backward
&3&4 Hitch L, Step LF backward, Hitch R, Step RF backward
5&6 Step LF backward, Step RF beside LF, Step LF forward
7&8 Kick RF forward, Step in place on RF, Step LF forward

(Restart: on Wall 3 / 12.00h) // (Tag: on Wall 4 / 06.00h)

Section 5: JAZZ BOX, V-STEP

1,2 Cross RF over LF, Step LF backward
3,4 Step RF to right side, Step LF forward
5,6 Step RF out into right diagonal, Step LF out into left diagonal
7,8 Step RF backward, Step LF backward (beside RF, on Starting position)

Section 6: HEEL GRIND 1/4 TURN R, BACK ROCK, 2 x TOE HEEL STAMP

1,2 RF 1/4 turn right on Heel, Step LF backward
3,4 Step RF backward, Recover on LF
5&6 Touch Right Toe beside LF, Touch right Heel beside LF, Stamp RF forward
7&8 Touch left Toe beside RF, Touch left Heel beside RF, Stamp LF forward

Section 7: SHUFFLE FORWARD, ROCK STEP, COASTER STEP, HEEL FLICK/SLAP

1&2 Step RF forward, Step LF beside RF, Step RF forward
3,4 Step LF forward, Recover on RF
5&6 Step LF backward, Step RF beside LF, Step LF forward
7,8 Touch right Heel in front, Raise RF behind and Slap right Heel with right Hand

TAG / BRÜCKE

Section 1: KICK BALL STEP, STAMP, STOMP, 4 x HOLD

1&2 Kick RF forward, Step in place on RF, Step LF forward
3,4 Stamp RF beside LF, Stomp LF beside RF (Weight on RF)
5,6 Hold, Hold
7,8 Hold, Hold

Section 2: COASTER STEP, 2 x WALK

1&2 Step LF backward, Step RF beside LF, Step LF forward
3,4 Walk, Walk (R,L)

PART B

Section 1: ROCK STEP, 1/2 SHUFFLE TURN R, SHUFFLE FORWARD, KICK BALL STEP

1,2 Step RF forward, Recover on LF
3&4 1/4 turn right, Step RF to right side, Step LF beside RF, 1/4 turn right, Step RF forward
5&6 Step LF forward, Step RF beside LF, Step LF forward
7&8 Kick RF forward, Step in place on RF, Step LF forward

Section 2: ROCK STEP, 1/2 SHUFFLE TURN R, SHUFFLE FORWARD, KICK BALL STEP

1,2 Step RF forward, Recover on LF
3&4 1/4 turn right, Step RF to right side, Step LF beside RF, 1/4 turn right, Step RF forward
5&6 Step LF forward, Step RF beside LF, Step LF forward
7&8 Kick RF forward, Step in place on RF, Step LF forward

Section 3: STEP 1/4 TURN L, CROSS SHUFFLE, CHASSE L, SAILOR STEP

1,2 Step RF forward, 1/4 Pivot Turn left
3&4 Cross RF over LF, Step LF beside RF, Cross RF over LF
5&6 Step LF to left side, Step RF beside LF, Step LF to left side
7&8 Cross RF behind LF, Step LF to left side, Recover on RF

Section 4: STEP 1/4 TURN R, CROSS SHUFFLE, CHASSE R, SAILOR STEP

1,2 Step LF forward, Pivot 1/4 Turn right
3&4 Cross LF over RF, Step RF beside LF, Cross LF over RF
5&6 Step RF to right side, Step LF beside RF, Step RF to right side
7&8 Cross LF behind RF, Step RF to right side, Recover on LF

Section 5: ROCK STEP, 1/2 SHUFFLE TURN R, SHUFFLE FORWARD, KICK BALL STEP

1,2 Step RF forward, Recover on LF
3&4 1/4 turn right, Step RF to right side, Step LF beside RF, 1/4 turn right, Step RF forward
5&6 Step LF forward, Step RF beside LF, Step LF forward
7&8 Kick RF forward, Step in place on RF, Step LF forward

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