

Back on My Feet

拍數: 64 牆數: 2 級數: High Improver
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音樂: Back on My Feet - Kimberose



Intro : 16 counts 2 TAGS / 1 RESTART

Section 1 : STEP FWD, POINT L TO L, SNAP, STEP FWD, POINT R TO R, SNAP, JAZZBOX CROSS

- 1-2 Step RF forward - Point LF to L side and snap
- 3-4 Step LF forward - Point RF to R side and snap
- 5-8 Cross RF over LF - Step back on LF - RF to R side - Cross LF over RF

Section 2 : SIDE ROCK, RECOVER, CROSS, HOLD, ¼ TURN R, ½ TURN R, ROCK FWD

- 1-2 RF side rock on R side - Recover (weight on L)
- 3-4 Cross RF over LF - Hold
- 5-6 Make ¼ turn r stepping back on LF - ½ turn R stepping forward on RF (9 o'clock)
- 7-8 Rock step forward on LF - Recover (weight on R)

Section 3 : BACK, HOOK, STEP FWD, SCUFF, STEP LOCK STEP FWD, SCUFF

- 1-2 Step back on LF - Hook R
- 3-4 Step forward on RF - Scuff LF
- 5-6 Step forward on LF - Lock RF behind LF
- 7-8 Step forward on LF - Scuff RF

Section 4 : STEP TURN STEP, HOLD, FULL TURN, ¼ TURN R, SIDE ROCK, RECOVER

- 1-2 Step RF forward - Make ½ turn L (3 o'clock)
- 3-4 Step RF forward - Hold
- 5-6 Make ½ turn R stepping back on LF - ½ turn R stepping RF forward
- 7-8 Make ¼ turn R with LF side rock - Recover (weight on R) (6 o'clock)

***RESTART : Here on wall 3 (after count 30) facing 6 o'clock, change step 7- 8 and Restart**

***¼ TURN R - TOUCH**

***7-8 Make ¼ turn R with LF on L side - Touch RF next LF**

Section 5 : CROSS TOE STRUT AND SNAP, BACK TOE STRUT AND SNAP, SIDE JUMP, TOUCH, ¼ TURN L JUMP, TOUCH

- 1-2 Cross L toe over RF - Strut LF hell and snap
- 3-4 Back R toe strut and snap
- 5-6 Jump LF on L side - Touch RF next LF and snap
- 7-8 Make ¼ turn L with jump RF on R side - Touch LF next R and snap (3 o'clock)

Section 6 : ROCKING CHAIR, STEP FWD, ½ TURN R, JUMP, TOUCH

- 1-4 Rock step LF forward - Recover on RF - Back rock step LF - Recover on RF (weight on R)
- 5-6 Step LF forward - Make ½ turn R (weight on R) (9 o'clock)
- 7-8 Jump LF forward - Touch RF next LF and snap

Section 7 : SIDE, TOUCH, SIDE, TOUCH, ROLLING VINE, BRUSH

- 1-2 Step RF on R side - Touch LF next RF and snap
- 3-4 Step LF on L side - Touch RF next LF and snap
- 5-8 Make ¼ turn R stepping RF forward (12 o'clock) - Make ½ turn R stepping LF back (6 o'clock) - Make ¼ turn R stepping RF on R side (9 o'clock) - Brush LF forward

Section 8 : JAZZBOX ¼ TURN L, TOUCH, OUT OUT - IN IN

- 1-4 Cross LF over RF - RF back - Make $\frac{1}{4}$ turn L stepping LF forward - Touch RF next LF (6 o'clock)
- 5-8 RF out on R diagonal - LF out on L diagonal - RF back to center - LF back to center

TAG 1 : 16 CPTES : END WALL 1 (facing 6 o'clock)

STEP FWD, HOLD AND SNAP, $\frac{1}{2}$ TURN L, HOLD AND SNAP, STEP FWD, HOLD AND SNAP, $\frac{1}{2}$ TURN L, HOLD AND SNAP

- 1-2 Step RF forward - Hold and snap
- 3-4 Make $\frac{1}{2}$ turn L (weight on LF) - Hold and snap
- 5-6 Step RF forward - Hold and snap
- 7-8 Make $\frac{1}{2}$ turn L (weight on LF) - Hold and snap

RF OUT, HOLD AND SNAP, LF OUT, HOLD AND SNAP, RF IN, HOLD AND SNAP, LF IN, HOLD AND SNAP

- 1-2 RF out - Hold and snap
- 3-4 LF out - Hold and snap
- 5-6 RF in - Hold and snap
- 7-8 LF in - Hold and snap

TAG 2 : 32 cptes : END WALL 4 (TAG 1 X2) (facing 12 o'clock)

-REPEAT ENJOY
