

Lil Bit

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Autumn Vanasse (USA) - September 2021
音樂: Lil Bit - Nelly & Florida Georgia Line



Start: After 16 count intro

ROCK BACK RECOVER, ¼ L TURNING SHUFFLE X2, BACKWARD LOCK STEP

1-2 Rock back on R, recover weight back on L
3&4 Step R forward, Step L together, Step R forward (while turning ¼ L)
5&6 Step L back, Step R together, Step L back (while turning ¼ L) (facing 6:00)
7&8 Step back on R, Lock L in front of R, Step back on R

ROCK BACK RECOVER, BIG STEP SIDE TOUCH, HEEL SWITCHES, BIG STEP SCUFF

1-2 Rock back on L, recover weight back on R
3-4 Big step L while turning ¼ R, drag R next to L and touch
5&6& Touch R heel forward, step R next to L, Touch L heel forward, step L next to R
7-8 Big step forward with R, scuff L heel forward

MAMBO STEP, MILITARY TURN R, R KICK AND POINT, L KICK AND POINT

1&2 Step L forward, recover weight back on R, step back on L
3-4 Dig R toe behind L foot and pivot ½ turn R (keep weight on L)
5&6 kick R foot forward, step R next to L, point L toe out to L side
7&8 kick L foot forward, step L next to R, point R toe out to R side

SAILOR TURN, FORWARD SHUFFLE, ½ TURN L, MAMBO STEP

1&2 Sweep R behind L while turning ½ R then step R forward, step L next to R, step R
3&4 Shuffle forward L, R, L
5&6 Step forward R, pivot ½ turn L (weight on L), step forward R
7&8 Step L forward, recover weight back on R, step back on L

REPEAT!

RESTART: Wall #3 after heel switches (facing 3:00)

TAG: Wall #5 after 32 counts, (facing 9:00) sway hips R then L (2 counts)

TAG: Wall #7 after 28 counts, (facing 9:00) sway hips R then L (2 counts)

END OF DANCE: Wall 12# (facing 12:00) after 32 counts...

1-2-3 Step back R while grinding L heel out, Step back L while grinding R heel out, Step back R while grinding L heel out.