

Go For It

拍數: 32 牆數: 2 級數: Improver
編舞者: Hiroko Carlsson (AUS) - December 2021
音樂: Go for It - CRUISR : (iTunes)



(16 count intro)

[S1] Heel Sprit, Lock Step Fwd, Fwd Rock-1/4R

1 2 Open both heels out, Heels back to the centre/click together
3&4 Step forward on R, Lock L behind R, Step forward on R
5&6 Step forward on L, Lock R behind L, Step forward on L
7&8 Rock forward on R, Replace weight on L, Make a 1/4 turn right stepping forward on R (3:00)

[S2] Cross-Side Rock-Cross-Side Rock-Fwd, Step Pivot-1/2L, Paddle Turn-Together

1&2 Cross L over R, Rock R to the side, Replace weight on L
&3&4 Cross R over L, Rock L to the side, Replace weight on R, Step forward on L
5 6 Step forward on R, Make a 1/2 turn left recover weight on L (9:00)
7&8 Step forward on R, Make a 1/4 turn left recover weight on L, Step R together (6:00)**

[S3] Heel Sprit, Lock Step Back, Turning Shuffle 1/2R

1 2 Open both heels out, Heels back to the centre/click together
3&4 Step back on R, Lock L over R, Step back on R
5&6 Step back on L, Lock R over L, Step back on L
7&8 Making a 1/2 turn right shuffle forward on R-L-R (12:00)

[S4] Side w/Drag-1/4R, Walk-Walk, Side w/Drag-1/4R, Fwd-Together

1 2 Big step L to the side dragging R close to L, Step R beside L making a 1/4 turn right popping L knee (3:00)
3 4 Step forward on L, Step forward on R
5 6 Big step L to the side dragging R close to L, Step R beside L making a 1/4 turn right popping L knee (6:00)
7 8 Big step forward on L, Step R together

TAG: 8 Counts Tag at the end of Wall 1 (6:00) and Wall 4 (12:00): V Step, Heel Twists

1 2 Step right diagonally forward on R, Step left diagonally forward on L
3 4 Step R back to the centre, Step L back next to R
5 6 Swivel both heels to the right, Swivel both heels to the left
7 8 Swivel both heels to the right, Recover heels back to the centre

Restart on Wall 3 (6:00) count 16** and Wall 8 (12:00) count 16**

Ending suggestion: The last wall starts facing 6:00.
Dance up to count 32 (12:00)

Please feel free to contact me if you need any further information. (hirokoclinedancing@gmail.com)
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