# Ninety to a Hundred

級數: Improver

編舞者: Kate Kardiff (USA) - February 2023

音樂: You Proof - Morgan Wallen

拍數: 32

### SLIDE RIGHT, BACK ROCK, RECOVER, SLIDE LEFT, BACK ROCK, RECOVER

- 1-2 Slide right, dragging left foot
- Rock back left, recover right 3-4
- 5-6 Slide left, dragging right foot
- 7-8 Rock back right, recover left

### TOE STRUT, TOE STRUT, ROCK FWD, RECOVER, WALK BACK X2

- 1-2 Tap right toe forward, put heel down
- 3-4 Tap left toe forward, put heel down
- 5-6 Rock forward right, recover left
- 7-8 Step back right, step back left

### \*Restart on walls 2 and wall 4: dance 16 counts and restart the dance

# TOUCH RIGHT TOE BACK, 1/2 TURN, SIDE ROCK, RECOVER, BEHIND & CROSS, POINT, 1/4 KICK

- Touch right toe back, pivot 1/2 turn on right foot 1-2
- 3-4 Side rock left, recover right
- 5&6 Step left behind right, step right to side, cross left over right
- 7 Point right to side
- 8 Kick 1/4 turn to right (weight ends back on left)

# COASTER STEP, 1/2 TURN PIVOT, SHUFFLE FWD, 1/2 TURN PIVOT

- 1&2 Step back right, step left beside right, step right forward
- 3-4 Step left forward, 1/2 turn pivot (weight comes fwd on right)
- 5&6 Shuffle forward left-right-left
- 7-8 Step right forward, 1/2 turn pivot (weight comes fwd on left)

End of dance.

Enjoy!

Questions? Contact me: kkardiff@comcast.net





牆數: 4