

Grits EZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jamie Marshall (USA) - May 2023
音樂: Grits (feat. Ray Stevens, The Gatlin Brothers, Lorrie Morgan, Deborah Allen & Dean Miller) - Pat Boone



#8 Count Intro (when music starts :20)

A. HEEL, HOOK, HEEL, STEP, TWISTS, HOLD

1,2,3,4 Touch R heel forward (1), Hood R across L (2), Touch R heel forward (3), Step R next to L (4)
5,6 (Feet together) Twist heels to R (5), Twist heels to center (6)
7,8 Twist heels to R (7), Hold (8) (Weight on R) (12:00)

B. VINE, ¼, SCUFF, CROSS TOE HEEL STRUT, TOE HEEL STRUT

1,2,3,4 Step L to L (1), Cross R behind L (2), Turn ¼ L, stepping L forward (3), Scuff R next to L (4) (9:00)
5,6 Cross, touching R toe over L (5), Drop R heel, taking weight (6)
7,8 Touch L toe diagonally back (7), Drop L heel, taking weight (8)

C. BACK LOCK STEP, HOLD, STEP, TOGETHER, FORWARD, HOLD

1,2,3,4 Step R back (1), Cross L over R (2), Step R back (3), Hold (4)
5,6,7,8 Step L back (5), Step R next to L (6), Step L forward (7), Hold (8) (9:00)

D. K-STEP

1,2 Step R diagonally forward R (1), Touch L next to R (2)
3,4 Step L back to center (3), Touch R next to L (4)
5,6 Step R diagonally back R (5), Touch L next to R (6)
7,8 Step L back to center (7), Touch R next to L (8)

Option: Add claps

Begin again