

Grits

拍數: 64 牆數: 4 級數: Intermediate
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, HITCH, COASTER, HOLD

1,2,3,4 Touch R heel (1) Hook R across L (2), Touch R heel forward (3), Hitch R (4)
5,6,7,8 Step R back (5), Step L next to R (6), Step R forward (7) Hold (8) (12:00)

B. CHASE TURN, HOLD, HALF, QUARTER, CROSS, HOLD

1,2,3,4 Step L forward (5), Turn ½ R, stepping R in place (2), Step L forward (prep for turn) (3), Hold (4) (6:00)
5,6,7,8 Turn ½ L, stepping R back (5), Turn ¼ L, stepping L to L (6), Cross R over L (7), Hold (8) (9:00)

C. KICK, WEAVE, KICK, WEAVE, HOLD

1,2,3,4 Kick L diagonally L (1), Cross L behind R (2), Step R to R (3), Cross L over R (4)
5,6,7,8 Kick R diagonally R (5), Cross R behind L (6), Step L to L (7), Hold (8)

D. CROSSING TRIPLE, HOLD, ½ TURN L, CROSSING TRIPLE, HOLD

1,2,3,4 Cross R over L (1), Step L to L (2), Cross R over L (3), Hold (4)
5,6,7,8 Turn ½ L, crossing L over R as turn (5), Step R to R (6), Cross L over R (7), Hold (8) (3:00)

E. STEP, TOUCH, STEP TOUCH, STEP TOGETHER, STEP TOUCH

1,2,3,4 Step R to R (1), Touch L next to R (2), Step L to L (3), Touch R next to L (4)
5,6,7,8 Step R to R (5), Step L next to R (6), Step R to R (7), Touch L next to R (8) (3:00)

F. STEP, TOUCH, STEP TOUCH, STEP TOGETHER, ¼ TURN, HOLD

1,2,3,4 Step L to L (1), Touch R next to L (2), Step R to R (3), Touch L next to R (4)
5,6,7,8 Step L to L (5), Step R next to L (6), Turn ¼ L, stepping L forward (7), Hold (8) (12:00)

Option: Add claps during step touches!

G. STEP, HOLD, ¼ PIVOT, HOLD, JAZZ TRIANGLE

1,2,3,4 Step R forward (1), Hold (2), Pivot ¼ L, stepping L in place (3), Hold (4) (9:00)
5,6,7,8 Cross R over L (5), Step L back (6), Step R to R (7), Step L next to R (8) (9:00)

H. POINTS, STOMPS, RAISE TOES, LOWER TOES

1,2,3,4 Point R to R (1), Step R next to L (2), Point L to L (3), Step L next to R (4)
5,6,7,8 Stomp R in place (5), Stomp L in place (6), Raise balls of feet, leaning back onto heels (7), Lower, taking weight on L to begin again (8) (9:00)

Option: Yell Woo! while leaning back on heels!

Begin again