

Just a Lil Bit

拍數: 64 牆數: 2 級數: Phrased Improver
編舞者: Taren Wilhelm (USA) - June 2021
音樂: Lil Bit - Nelly & Florida Georgia Line : (iTunes)



INTRO: 8 seconds in: Beat drop after (Adlib) "Talk to 'em"
"Lil Bit" Phrasing Order: A, B, B (16counts), A, B, A, B, A, B, A, B, A
Alternative Song Option: "Ice Ice Baby" by Vanilla Ice
(Phrasing Order: BB A BBBB A BB A ; Stop after lyric: "Word to Your Mother")

SECTION A (32 counts)

[1 - 8] [Stomp - (swivel) Kick, Behind - Side - Cross] 2X

1, 2 RF stomp to the right (with a small squat), (on the drive up) swivel 1/8 on RF and kick out LF
3&4 LF (lands) behind the RF, RF side step, LF cross-over RF (taking weight)
5, 6 RF stomp to the right (with a small squat), (on the drive up) swivel 1/8 on RF and kick out LF
7&8 LF (lands) behind the RF, RF side step, LF cross-over RF (taking weight) [12:00]

[9 - 16] [Side Rock/Recover, Sailor (1/4 Turn), (1/4 Turn) Side Rock/Recover, Coaster Step]

1, 2 RF side Rock, Recover onto LF (optional styling: add hip-action) [12:00]
3&4 Sailor Step-1/4 turn over right shoulder (RF sweeps back diagonal, LF steps back together, 1/4-turn over right shoulder stepping RF fwd) [3:00]
5, 6 (1/4 turn over R shoulder) LF side rock, recover RF (optional styling: add hip action) [6:00]
7&8 L Coaster Step (LF step back, RF step together, LF step fwd) [6:00]

[17 - 32] Repeat steps 1-16

SECTION B (32 counts)

[1 - 8] R then L: (Diagonal) Step-Lock, Step-Lock-Step

1, 2 (diagonal fwd 1:30) RF step, Lock LF behind
3&4 (continue on the diagonal) RF step, LF lock behind, RF step [1:30]
5, 6 (diagonal fwd 10:30) LF step, Lock RF behind
7&8 (continue on the diagonal) LF step, RF lock behind, LF step [10:30]

[9 - 16] R then L: "Rocking-Coasters" (Rock-Recover, Coaster Step)

1, 2 RF rock fwd, recover onto LF
3&4 R-Coaster Step (RF step back, LF step together, RF step fwd) [12:00]
5, 6 LF rock fwd, recover onto RF
7&8 L-Coaster Step (LF step back, RF step together, LF step fwd) [12:00]

[17 - 24] Rock-Recover, Back Triple, Step-Hitch (1/2-turn), Step-Hitch (1/2-turn)

1, 2 RF rock fwd, recover onto LF [12:00]
3&4 R-Back Triple Step (RF step back, LF step together, RF step back) [12:00]
5, 6 LF step (1/4 turn over L shoulder) [9:00], RF hitch (1/4 turn over left shoulder) [6:00]
7, 8 RF (lands)/step (1/4 turn over L shoulder) [3:00], LF hitch (1/4 turn over L shoulder) [12:00]

[25 - 32] Triple 1/2-turn, Rock-Recover, Back Triple, Triple 1/2-turn

1&2 L-Triple 1/2 turn over left shoulder (LF lands 1/4 out of hitch at 9:00, RF step together, LF step 1/4 turn fwd) [6:00]
3, 4 RF rock fwd, recover onto LF [6:00]
5&6 RF Back Triple Step (RF step back, LF step together, RF step back) [6:00]
7&8 L-Triple 1/2 Turn over left shoulder (LF 1/4 turn step at 3:00, RF together, LF 1/4 turn step) [12:00]

Have fun!

Questions: Email BootsOntheBeachDancing@gmail.com

See you on the dance floor (or the beach) =D

~Taren

Last Update: 18 Jan 2024
