

Lil Bit

拍數: 40 牆數: 2 級數: High Beginner
編舞者: Sandie Witmer (USA) - January 2024
音樂: Lil Bit - Nelly & Florida Georgia Line



Intro: 16 Counts

Section 1: Step R Kick L, Step L Kick R, Pony R, Pony L

1-2 Step right to right side and kick left foot toward right foot
3-4 Step left to left side and kick right foot toward left foot
5&6 Prance right, left, right in place or slightly forward
7&8 Prance left, right, left in place or slightly forward

Section 2: Walk Forward R-L, Shuffle Forward R-L-R, Rock Recover Forward L-R, Kick-Ball Left Touch Right

1-2 Step forward right and left
3&4 Shuffle forward right, left, right
5-6 Rock forward on left, recover back on right
7&8 Kick left foot forward, step on ball of left foot, and touch right toe in place

Section 3: Shimmy Step Right, Stomp Left and Clap, Twist Feet Left, Right Twice

1-2 Step side right while shimmying to right, slide left foot next to right keeping weight on right foot
3-4 Stomp left foot in place, clap hands once;
5-6 Twist both heels right and left while twisting arms right and left (same direction as heels)
7-8 Repeat 5-6

Section 4: Shimmy Step Left, Stomp Right and Clap, Twist Feet Left, Right Twice

1-2 Step side left while shimmying to left, slide right foot next to left keeping weight on left foot
3-4 Stomp right foot in place, clap hands once;
5-6 Twist both heels right and left while twisting arms right and left (same direction as heels)
7-8 Repeat 5-6

Section 5: Rocking Chair, Pivot ½ Turn Left, Kick-Ball Change Right

1-2 Rock forward on right, recover backward on left
3-4 Rock backward on right, recover forward on left
5-6 Step forward on right, turn ½ left on left foot (weight ends on left foot)
7&8 Kick right foot forward, step on ball of right foot, and step on left foot

End of Dance (EOD)

No tags, No restarts Dance in controlled continuous rhythm through any beat changes.

Alternate Music:

“Without Me” by EMINEM Clean Version (Hip Hop)

“Crying Shame” by The Mavericks (Country)

“Louie Louie” by The Kingsmen (60’s)

“She’s A Fool” by Leslie Gore (60’s)

“Cry To Me” by Solomon Burke (60’s)

“Push It” by Salt & Pepa (Hip Hop)

“Levitating” by Dua Lia (Pop)

“Ex’s and Oh’s” by Elle King (Pop)

Thank You switmer57@gmail.com

YouTube - Dance Tribe Line Dancers

