

I'm In It

拍數: 48 牆數: 4 級數: Beginner
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音樂: Long Haul (feat. James Burton) - Drake Milligan



No Tags, 1 Restart

Section 1: R Basic with touch, Big step L, R touch, 2 R Rapid toe taps at centre

1 – 4 Step R to R, L beside R, R to R, L touch at instep
5, 6 Big Step L with L foot, touch R at instep
7&8& Tap toe and raise rapidly twice at centre

Section 2: Stomp R foot fwd and bump hips 4 times, repeat on L side

1 – 4 R foot stomp fwd on slight angle and bump R hip fwd 4 times
5 – 8 L foot stomp fwd on slight angle and bump L hip fwd 4 times

Section 3: R Charleston, Step 1 / 2 turn left, step 1 / 4 turn left

1 – 4 Point R toe fwd, step R toe at centre, point L toe straight back, step L at centre
5 – 8 Step R foot forward, 1 / 2 turn L stepping on L foot, Step R foot fwd, 1 / 4 turn L stepping on L foot

Section 4: Bounce R heel fwd 2 X, Big step R, touch L, bounce L heel fwd 2X, Big step L, touch R

1&2& Bounce R heel forward twice (ie: up and down)
3, 4 Big Step R to side R, L touch at instep
5&6& Bounce L heel forward twice (ie: up and down)
7, 8 Big Step L to side L, R touch at instep

Restart Here Wall 3(6 o'clock) facing 9 o'clock

Section 5: Slide R foot fwd, return, L foot back, return, R to R side, return, L to L side, return

1 – 4 Slide R foot forward, slide back to centre, slide L foot behind, slide back to centre
5 – 8 Slide R foot to R side, slide to centre, slide L foot to L side, slide to centre

Section 6: Two Monterey turns both 1 / 4 turn to R(x2), slide feet all 8 counts

1 – 2 Slide R foot to R side, return to centre and turn 1 / 4 right at same time
3 – 4 Slide L foot to L side, slide L foot back to centre
5 – 6 Slide R foot to R side, return to centre and turn 1 / 4 right at same time
7 – 8 Slide L foot to L side, slide L foot back to centre

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