

If The Boot Fits

拍數: 48 牆數: 4 級數: Improver
編舞者: Heather Barton (SCO) - November 2024
音樂: If the Boot Fits - Christie Lamb



Intro: 16 Counts, Start at approx 9 secs

SEC 1 POINT FORWARD, POINT SIDE, TOUCH, BACK ROCK, WALK, WALK, SHUFFLE

1-2 Point right forward, point right to right
3&4 Touch right beside left, rock right back, recover weight on to left
5-6 Step right forward, step left forward
7&8 Step right forward, step left beside right, step right forward

SEC 2 CROSS, SIDE, ¼ SAILOR HEEL, & TOUCH & HEEL, BALL CROSS, CLAP X2

1-2 Cross left over right, step right to right
3&4 Turn ¼ left step left behind right, step right to right, touch left heel forward (9:00)
&5 Step left beside right, touch right beside left
&6 Step right back, touch left heel forward
&7&8 Step left beside right, cross right over left, clap x2

Restart Here on Wall 6, Change Cross right over left to touch right beside left to restart

SEC 3 BALL CROSS, ¼ STEP, ¼ SHUFFLE, ½ WALK, ½ WALK, ¼ SHUFFLE

&1-2 Step left beside right, cross right over left, turn ¼ left step left forward (6:00)
3&4 Turn ⅛ left step right forward, step left beside right, turn ⅛ left step right forward (3:00)
5-6 Turn ⅛ left step left forward, turn ⅛ left step right forward (12:00)
7&8 Turn ¼ left step left forward, step right beside left, step left forward (9:00)

SEC 4 ROCK, OUT OUT, BACK, BACK ROCK, KICK BALL TOUCH

1-2 Rock right forward, recover weight on to left
&3-4 Step right to right, step left to left, step right back
5-6 Rock left back, recover weight on to right
7&8 Kick left forward, step left beside right, touch right beside left

Restart Here on Wall 3

SEC 5 ¼ HEEL & TOE SWITCHES, OUT, OUT, TWIST IN, CENTER, TWIST IN, CENTER

1& Touch right heel forward, step right beside left
2& Touch left beside right, turn ¼ left step left beside right (6:00)
3& Touch right beside left, step right beside left
4& Touch left heel forward, step left beside right
5-6 Step right to right, step left to left
&7&8 Twist right heel to left, twist right to center, twist left heel to right, twist left to center

SEC 6 ¼ MONTEREY, SIDE ROCK CROSS, SIDE, BEHIND, SIDE DRAG, TOGETHER

1-2 Point right to right, turn ¼ right step right beside left (9:00)
3&4 Rock left to left, recover weight on to right, cross left over right
5-6 Step right to right, step left behind right
7-8 Step right to right dragging left towards right, step left beside right