

If The Shoe Fits

拍數: 32 牆數: 4 級數: Novice
編舞者: James Cardon (USA) & Elizabeth Wilson (USA) - January 2025
音樂: If the Shoe Fits - Mackynsie McKedy



Intro: 16 Counts

[1-8] East coast right w/rock step, east coast left w/rock step

- 1&2 Start with your weight on left foot, triple step right
- 3,4 Weight on right foot, rock back onto left foot, and back onto right foot
- 5&6 With weight on right foot, triple step to the left
- 7,8 Weight on left foot, rock back onto right foot, and back onto left foot

[9-16] 2 step touches then jazz box with a ¼ turn to the right

- 1,2 Step forward onto right foot, touch in front diagonally to your left with toes
- 3,4 Step forward onto left foot, touch in front diagonally to your right with toes
- 5-8 Step diagonally in front to your left with right foot, step back with left foot starting to turn to right, side step right to finish the ¼ turn, bring left foot to right and switch weight to left foot.

[17-24] 2 heel touches, rock forward, rock backward

- 1,2 Weight on left foot, heel touch in front with right heel, then bring right foot back to left and put weight on right foot.
- 2,4 Heel touch in front with left foot, then bring foot back to right foot and transfer weight to left foot
- 5,6 Rock forward onto right foot, then bring foot back to left foot keeping weight on left foot
- 6,8 Rock backward onto right foot, then bring foot back to left foot keeping weight on left foot

[25-32] 2 kickball change, and 2 ¼ turn to the left

- 1&2 Kickball change, kick with right foot, then bring it back to left transfer weight to right foot, lifting left foot, then putting it back onto the ground transferring weight back to left foot.
- 3&4 Kickball change, kick with right foot, then bring it back to left transfer weight to right foot, lifting left foot, then putting it back onto the ground transferring weight back to left foot.
- 5,6 Step forward onto right foot, turn ¼ turn to the left putting weight back onto left foot
- 7,8 Step forward onto right foot, turn ¼ turn to the left putting weight back onto left foot