

Let It Roll

拍數: 32 牆數: 0 級數:
編舞者: Connie Davignon (USA)
音樂: Operator, Operator - Eddy Raven



SIDE, TOGETHER, SIDE, TOUCH (BASIC RIGHT)

- 1 Step side on right foot
- 2 Step left foot next to right foot
- 3 Step side on right foot
- 4 Touch left heel to right instep (ball of left foot remains on floor)

SHIFT HEELS

Shift heels are done by pivoting on the ball of the foot and moving only the heel to the instep of the other foot (almost like swivels except it is only one foot turning at a time). The body follows the movement of the feet and angles accordingly (right angle when right heel touches, left angle when left heel touches).

- 5 Shift weight to left foot
- 6 Touch right heel to left instep
- 7 Shift weight to right foot
- 8 Touch left heel to right instep

SIDE, TOGETHER, SIDE, TOUCH (BASIC LEFT)

- 9 Step side on left foot
- 10 Step right foot next to left foot
- 11 Step side on left foot
- 12 Touch right heel to left instep (ball of right foot remains on floor)

SHIFT HEELS

- 13 Shift weight to right foot
- 14 Touch left heel to right instep
- 15 Shift weight to left foot
- 16 Touch right heel to left instep

VINE TURN ¼ RIGHT, HITCH

- 17 Step side on right foot
- 18 Cross left foot behind right foot
- 19 Turn ¼ right on right foot
- 20 Hitch left knee (keeping weight balanced behind right foot)

BACK 3 STEPS, HITCH

- 21 Step back on left foot
- 22 Step back on right foot
- 23 Step back on left foot
- 24 Hitch right knee (keeping weight balanced over the left foot)

RIGHT JAZZ HITCH SQUARE

- 25 Step right foot in place
- 26 Lift left knee (kicking forward slightly)
- 27 Cross left foot in front of right
- 28 Step back on right foot

LEFT JAZZ HITCH SQUARE

- 29 Step left in place

- 30 Lift left knee (kicking forward slightly)
- 31 Cross right foot in front of left
- 32 Step back on left foot

REPEAT
