

Let's All Chant

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Elaine McGurk (IRE)
音樂: Let's All Chant - The Michael Zager Band



- 1-4 Step right to right side, step left behind right, step left to left side, step right behind left
5-8 Step right to right side, bring left beside right, step right to right side, bring left beside right
- 1-4 Step left to left side, right behind left, step right to right side, left behind right
5-8 Step left to left side, bring right beside left, step left making a ¼ turn left, bring right beside left

POINTS AND HEEL TWISTS, PIVOT ½ TURN

- 1&2& Point right toe forward, bring back to place, point left toe to left side, bring back to place
3&4 Point right toe to right side, twist right heel out, twist right heel in
&5-6 Step on right foot, step left foot forward, pivot ½ turn right
7&8 Step left toe forward, twist left heel out, twist left heel in placing weight on left foot

KNEE HITCHES AND TOE TAPS

- &1&2 Hitch right knee, tap right toe, hitch right knee, step on right foot
&3&4 Hitch left knee, tap left toe, hitch left knee, step on left foot
&5-8 Repeat &1-4

KICK BALL CHANGE, ¼ TURN, ¾ TURN, SAILOR STEPS

- 1&2 Kick right foot forward, step on ball of right foot, step left foot forward
3-4 Cross right over left making ¼ turn left, make ¾ left swinging left foot to left side
5&6 Cross left foot behind right, step on right foot, step on left foot
7&8 Cross right foot behind left, step on left foot, make ¼ turn right stepping on right foot

HEELS, PIVOT, TOES AND TWISTS

- 1&2& Step left heel forward, back to place, step right heel forward and back to place
3-4 Step left foot forward, pivot ½ turn right
5&6 Point left toe forward, twist left heel out, twist left heel in placing weight on left foot
7&8 Point right toe forward, twist right heel out, twist right heel in

STEPS, POINTS, SAILOR STEPS, ¼ TURN

- 1-4 Step back on right foot, point left toe to left side, step back on left foot, point right toe to right side
5&6 Cross right foot behind left, step left to left side, step on right foot
7&8 Cross left foot behind right, step on right foot, step on left foot making ¼ turn right

ROCK AND CROSS, ROCK AND CROSS, PIVOT ½ TURN, PIVOT ¼ TURN

- 1&2 Rock right to right side, recover onto left, cross right over left
3&4 Rock left foot to left side, step on right, cross left over right
5-6 Step right foot forward, pivot ½ turn left
7-8 Step forward on right foot, make ¼ turn left

REPEAT