

Make Something Of It

拍數: 68 牆數: 2 級數:
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音樂: Do You Wanna Make Something of It - Jo Dee Messina



STEP, HEEL TAPS AND STEP, HEEL TAPS

1-4 Step forward onto right foot, tap right heel 3 times
&5-8 Step left foot beside right & step forward onto right foot, tap right heel three times

AND STEP, TURN, STEP, TURN & HITCH

&1-4 Step left foot beside right & step forward onto right foot, turn ½ turn, left step forward onto right, turn ½ turn right & hitch left knee

SHUFFLE BACKWARDS, ONE & A QUARTER TURN RIGHT

1&2-3-4 Shuffle backward left-right-left, step back onto right foot turning ¼ turn right, pivoting on the right foot turn full turn right - stepping left foot beside right

STEP TO SIDE, STEP BEHIND, STEP TO SIDE, STEP BEHIND

1-4 Step right foot to the side & lift left heel, drop left heel, step right toe behind left foot, drop right heel
5-8 Step left foot to the side & lift right heel, drop right heel, step left toe behind right foot, drop left heel

SIDE COASTER STEP - RIGHT-LEFT-RIGHT

&1-2 Step right to the side & step left to the side, step right behind left
&3-4 Step left to the side & step right to the side, step left behind right
&5-6 Step right to the side & step left to the side, step right behind left

STEP SIDE, STEP BEHIND, STEP/TURN, HOLD, STEP, TURN

1-4 Step left to the side, step right behind left, step left to the side turning ¼ turn left, hold
5&6 Step onto right foot - turning full turn left - step onto left foot

DOUBLE HIPS RIGHT, DOUBLE HIPS LEFT

&1-2&3-4 Step right foot forward & double hips right, step left foot forward & double hips left

STEP FORWARD, ROCK BACK, STEP BACK, ROCK FORWARD

1-4 Step forward right, rock back left, step back right, rock forward left

STEP, BODY ROLL, HOLD

1-4 Step right foot forward, body roll for two counts, hold

SHUFFLE BACK, HALF TURN, HALF TURN

1&2-3-4 Shuffle backwards left-right-left turning ½ turn right, step onto right turning ½ turn right step onto left

STEP BACK, ROCK FORWARD, STEP FORWARD, QUARTER TURN

1-2-3&4 Step back onto right, rock forward onto left, step forward onto right turning ¼ turn left, rotate hips to the left - keeping weight on left

ELVIS KNEE THRUSTS

&1&2 Straighten leg & cross right knee in front of left, straighten right leg & cross left knee in front of right

&3&4 Straighten leg & cross right knee in front of left, straighten right leg & cross left knee in front of right

SIDE/STEP, TOUCH, SIDE/STEP, TOUCH

&1&2 Touch left toe to side & step right in place, touch left beside right

&3&4 Touch left toe to side & step right in place, touch left beside right

STEP, TURN, STEP, SCUFF

1-4 Step left to side, turning $\frac{3}{4}$ turn right step onto right, step forward onto left, scuff right

REPEAT
