

Mite Be

拍數: 64 牆數: 2 級數: Improver
編舞者: Lynn Warden (CAN)
音樂: Sight for Sore Eyes - M People



HEEL, HEEL, TOE, TOE, TOUCH COASTER STEP

1-4 Tap right heel, forward twice, tap toe back twice
5-6 Tap right heel forward once:, touch right-toe beside left foot
7&8 Step back on right foot, step left foot beside right foot, step forward on right foot
9-16 Repeat steps 1-8 starting with left foot this time:

SHUFFLE FORWARD RIGHT-LEFT-RIGHT, LEFT-RIGHT-LEFT, ROCK FORWARD, BACK, STEP FORWARD ½ TURN LEFT

17&18 Shuffle forward right-left-right,
19&20 Shuffle forward left-right-left,
21-22 Rock-step forward on right foot (swinging right hip forward) rock-step back on left in place
23-24 Step forward on right foot, pivot ½ turn left on left
25-32 Repeat steps 17-24

STOMP FORWARD, HEEL HEEL, HEEL, STOMP FORWARD HEEL, HEEL, HEEL, ROCK FORWARD, STEP, ROCK, ROCK BACK, STEP, ROCK FORWARD, STEP, ROCK BACK, STEP

33-36 Stomp right foot forward, lift right heel & tap it three times, weight to right foot on count 36
37-40 Stomp left foot forward, step left heel & tap it three times, weight to right foot on count 40
41-42 Rock-step forward on right foot (swinging right hip forward) rock-step back on left foot in place
43-44 Rock-step back on right foot (swinging right hip back) rock-step forward on left foot in place
45-48 Repeat steps 41-44

STEP FORWARD, ¼ TURN(LEFT), STOMP, STOMP, STEP FORWARD, ¼ TURN(LEFT),STOMP STOMP

49-52 Step forward on right foot, pivot ¼ turn left on left foot, stomp right foot beside left foot, stomp left foot beside right foot
53-56 Repeat steps 49-52

WALK FORWARD, FORWARD TRIPLE RIGHT-LEFT-RIGHT, WALK BACK, BACK, TRIPLE LEFT-RIGHT-LEFT,

57-58 Step forward on right foot, step forward on left foot
59&60 Triple step in place right-left-right,
61-62 Step back on left foot, step back on right foot
63-64 Triple step in place left-right-left.

REPEAT
