

My Big Mouth

拍數: 64 牆數: 2 級數:
編舞者: Lyn Cooper, Karen Norris (AUS) & Renata Yates (AUS)
音樂: Sleepin' On the Foldout - Brad Paisley



SCUFF FORWARD, SCUFF BACK, BALL CHANGE, SCUFF FORWARD

1-2& Scuff right foot forward, scuff right foot back, step back on ball of right foot
3-4 Step forward on left foot (ball change), scuff right foot forward

RIGHT SHUFFLE FORWARD, STOMP LEFT, STOMP RIGHT, LEFT SAILOR, RIGHT SAILOR

1&2 Shuffle forward right-left-right
3-4 Stomp left foot to left, step right foot to right
5&6 Left sailor step (traveling backwards)
7&8 Right sailor step (traveling backwards)

¼ PIVOT TURN LEFT, SHUFFLE BACK, ROCK BACK, ROCK FORWARD, 1/2 LEFT SHUFFLE, ¼ LEFT SHUFFLE

& Pivot ¼ turn left on right foot
1&2 Shuffle back left-right-left
3-4 Rock back on right, rock forward on left
5&6 Shuffle right-left-right turning ½ turn left
7&8 Shuffle left-right-left turning ¼ turn left

CROSS SIDE, CROSS SCUFF LEFT, CROSS SHUFFLE, ½ TURN LEFT STEP LEFT

1-2 Cross step right foot over left, step left foot to left side
3-4 Cross step right foot over left, scuff left foot forward
5&6 Left cross shuffle left-right-left
7-8 Step right foot to right side, step left foot to left side turning ½ left

RIGHT CROSS TOE STRUT, LEFT TOE STRUT, CROSS ROCK, SIDE SHUFFLE RIGHT

1-2 Touch right toe across left foot, drop right heel
3-4 Touch left toe to left side, drop left heel
5-6 Cross rock right over left, rock back onto left
7&8 Side shuffle to right right-left-right

½ RIGHT SHUFFLE, ½ RIGHT SHUFFLE, ROCK BACK, ROCK FORWARD, LEFT TOE STRUT

1&2 Shuffle left-right-left to right side turning ½ turn right
3&4 Shuffle left-right-left to right side turning ½ turn right
5-6 Rock back on left, rock forward on right
7-8 Touch left toe to left side, drop left heel

RIGHT CROSS TOE STRUT, SIDE ROCK, LEFT CROSS SHUFFLE SIDE ROCK

1-2 Touch right toe across left foot, drop right heel
3-4 Rock/step left to left side, replace weight onto right foot
5&6 Left cross shuffle left-right-left
7-8 Rock/step right to right side, replace weight on left

RIGHT CROSS SHUFFLE, STOMP LEFT, STOMP RIGHT, LEFT SAILOR, RIGHT SAILOR

1&2 Right cross shuffle right-left-right
3-4 Stomp left to left side, stomp right to right side
5&6 Left sailor step (traveling backwards)

7&8 Right sailor step (traveling backwards)

STEP BACK LEFT-RIGHT-LEFT, BALL CHANGE

1-3 Step back left-right-left

&4 Step back on ball of right foot, step left foot forward

REPEAT
