

Nice Work

拍數: 32 牆數: 4 級數: Beginner
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音樂: Nice Work If You Can Get It - Burnin' Daylight



RIGHT KICK, COASTER STEP, LEFT KICK, COASTER STEP

1-2 Kick right foot forward twice
3&4 Step back right, step left beside right, step forward right
5-6 Kick left foot forward twice
7&8 Step back left, step right beside left, step forward left

RIGHT GRAPEVINE, LEFT GRAPEVINE ¼ TURN SCUFF

9-10 Step right to right side, cross left behind right
11-12 Step right to right side, touch left next to right
13-14 Step left to left side, cross right behind left
15-16 Step left into ¼ turn left, scuff right foot

STEP TOUCH X 4

17-18 Step right forward to right diagonal, touch left next to right
19-20 Step left back to left diagonal, touch right next to left
21-22 Step right back to right diagonal, touch left next to right
23-24 Step forward left to left diagonal, stomp right beside left

HEEL SWIVELS

25-26 Swivel heels to the right, swivel toes to the right
27-28 Swivel heels to the right, clap
29-30 Swivel heels to the left, swivel toes to the left
31-32 Swivel heels to center, clap

REPEAT

When you feel more comfortable with the dance steps you can replace the grapevines with rolling grapevines!
In addition, if you have knee problems you can replace the heel swivels in section 4 with simple side steps!
