

Not 2 Tuff 4 U

拍數: 32 牆數: 4 級數: Improver
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音樂: Tuff Enuff - Wynonna



STEP STRUTS, CROSS STRUTS

- 1-2 Tap right toes forward, step forward on the right foot and snap fingers
- 3-4 Tap left toes forward, step forward on the left foot and snap fingers
- 5 Cross tap right toes over left foot
- 6 Cross step right foot over left foot and snap fingers
- 7-8 Tap left toes to left side, step left foot to left side and snap fingers

CROSS, UNWIND, KICKS, SAILOR SHUFFLE, SAILOR SHUFFLE W QUARTER TURN LEFT

- 1-2 Cross right foot in front of left foot, unwind half turn over your left shoulder weight on left foot
- 3-4 Kick right foot forward, kick right foot to right side
- 5&6 Cross step right foot behind left foot, step left foot to left side, step right foot to right side
- 7& Cross step left foot behind right foot, step right foot to right side with a quarter turn right
- 8 Step left foot to left side

WALK FORWARD RIGHT, LEFT, MONTEREY TURN, KICKS FORWARD

- 1-2 Walk forward right, left
- 3-4 Point right toes to right side
- 4 Step right next to left while turning ½ turn over your right shoulder transfer weight to left foot
- 5-6 Point left toes to left side, step left foot next to right foot with weight on left foot
- 7-8 Kick right foot forward two times

COASTER STEP, ROCK STEP, COASTER STEP, STOMP, STOMP

- 1&2 Step back on the right foot, step left foot next to right foot, step forward on right foot
- 3-4 Step forward on left foot, rock step back on the right foot (weight on right foot)
- 5&6 Step back on the left foot, step right foot next to left foot, step forward on left foot
- 7-8 Stomp step right foot forward, stomp step left foot forward

REPEAT

After every fourth time through (back to beginning wall) there will be a 16 count bridge. Dance the bridge and start from the beginning

KICK BALL CHANGE, PIVOT TURN, KICK BALL CHANGE, PIVOT TURN

- 1&2 Kick right foot forward, step right foot back, change weight to left foot
- 3-4 Step right foot forward, pivot a half turn over your left shoulder (change weight to left foot)
- 5&6 Kick right foot forward, step right foot back, change weight to left foot
- 7-8 Step right foot forward, pivot a half turn over your left shoulder (change weight to left foot)

RIGHT TOE TAPS, LEFT TOE TAPS, 4 COUNT HIP GRIND

- 1-4 Tap right toes forward twice, tap left toes forward twice
- 5-8 Roll hips in circular motion right, left, right, left